SHOPPERS DRUG MART
SEE WHAT'S NEW... CHECK OUT OUR LATEST OFFER ON PAGE 14

Happy 7th, Park Theatre

Patrick Krief, formerly of The Dears, kicks off a series of anniversary shows PAGE 10

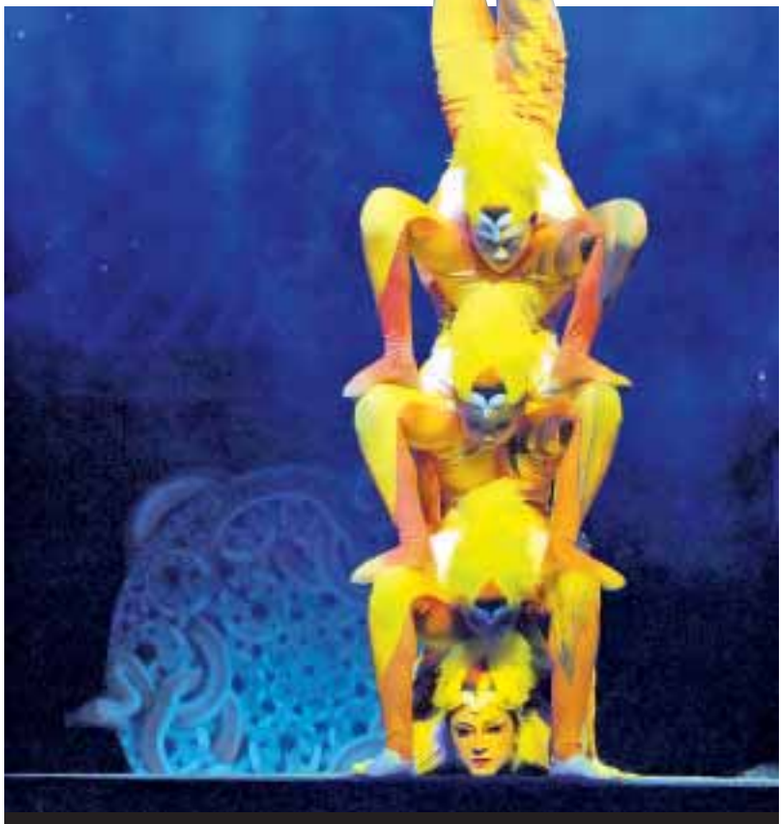
SPACE CADET

WILL.I.AM'S LATEST TRACK GETS DEBUT BROADCAST FROM MARS PAGE 12

THE UNIVERSITY OF WINNIPEG
PROFESSIONAL, APPLIED AND CONTINUING EDUCATION
PACE offers courses for the
55 Plus community
no tests, assignments or exams

LITERATURE · POLITICS · MUSIC
RELIGION · FITNESS · SCIENCE
ART · HEALTHCARE · HISTORY
For info: (204) 982-6633 or visit
pace.UWinnipegCourses.ca

WINNIPEG metro®
Thursday, August 30, 2012
News worth sharing.
metronews.ca | twitter.com/metrowinnipeg | facebook.com/metrowinnipeg



TOWERING TALENT

China's Sichuan Acrobatic Troupe is headlining the China Culture Day in the Park, to be held at Assiniboine Park on Saturday. Events start at noon and include a ribbon-cutting ceremony, lion dance and bubble tea house, as well as a dance performance by local group Manitoba Great Wall Performing Arts. See story, page 3. COURTESY GARY LIU

Senator's wife threatened to slit his throat: Crown

The incident. Threat charge against Maygan Sensenberger is based on witness reports, domestic violence court hears

MORGAN MODJESKI
Metro in Saskatoon

A senator's young wife allegedly threatened to slit her husband's throat on an airplane, a Saskatchewan courtroom heard Wednesday.

More information about 23-year-old Maygan Sensenberger's alleged threat to her husband, Manitoba Senator Rod Zimmer, 69, surfaced in domestic violence court.

Sensenberger was arrested in Saskatoon last Thursday after police were asked to deal with a disruptive passenger on a flight to Saskatoon.

Crown prosecutor Matthew Miazga told court Sensenberger threatened to kill her husband and despite a number of "positive discussions" with the defence, they're not ready for a resolution.

Sensenberger's defence attorney, Leslie Sullivan, said Zimmer did not instigate the threat charge and said Zimmer "didn't in any way feel threatened."

However, prosecutors say the charge was a result of reports from witnesses.

Sullivan also cited the couple's high-profile life in Ottawa while trying to amend a no-contact order between the two.

"Quite frankly I don't care, nor should the court care," Miazga responded.

Both sides eventually agreed to let the couple speak to each other through email, telephone and online video messaging services like Skype.

However, direct and indirect contact is not allowed.

"It's been very difficult for them both, not being together," said Sullivan, adding the pair are not only romantically close, but good friends.

Sensenberger has yet to enter a plea. She is due back in court on Sept. 18.

Red River Radio rebirth

Following the demise of 92.9 Kick FM, Red River College creative communications students will now broadcast online PAGE 3

Downtown safety strategy

Bolstered foot patrols and an expanded CCTV network are part of efforts to improve downtown safety PAGE 4

Back to School Guide

From new gear and gadgets through what to pack for lunch, our guide helps you prep for the big day PAGE 17

FORD CHEVROLET DODGE GMC CHRYSLER KIA TOYOTA CADILLAC
Apply online @ AutoMallFinance.com 1-877-796-0505
NEW & USED
GUARANTEED APPROVAL ALL LEVELS OF CREDIT
NEED A CAR NEED FINANCING
NEED A GREAT DEAL
100'S OF VEHICLES AT SALE PRICES!
VANS STARTING@$89 B/W
CARS STARTING@69 B/W
TRUCKS STARTING@$119 B/W
SUV'S STARTING@$99 B/W
IF YOU CALLED US YESTERDAY, YOU WOULD BE DRIVING TODAY!
AUTO MALL FINANCE 1000-1717 WAVERLEY ST. WINNIPEG, MB

2012 PRIUS C

2 AVAILABLE FOR IMMEDIATE DELIVERY!

$299 mth

TOYOTA
the feeling never ends

FRONTIER TOYOTA
A PROUD PAST - A BRIGHT FUTURE

944-6600
www.frontier.toyota.ca

1486 REGENT AVE.

60 month lease with $0 down oac. All payments plus applicable taxes.
Dealer permit #4456.

SALES · SERVICE · PARTS · AUTOBODY & GLASS

Manitoba's #1 Toyota Dealership, 35 Years, Same Location

Community. Chinese culture on display this weekend

Members of Winnipeg's Chinese community are bringing a piece of China to the city for the Labour Day long weekend.

Called China Culture Day, it actually involves three days of activities, the biggest of which is a free show at the Assiniboine Park Lyric Theatre.

"Winnipeg is a city of many cultures of which the Chinese community is proud to be part of, and Culture Day is a small way of our community giving to Winnipeg a taste of our heritage and culture in celebration," said Gary Liu, president of Manitoba Great Wall Performing Arts.

"We have so many activities … Everyone come on out and hopefully the weather is good!"

The events kick off Friday evening at Kum Koon Garden at 7 p.m. with Taste of China, a 10-course Chinese cuisine supper for $35 a ticket, along with live entertainment, including face-changers, acrobats, puppeteers and folk dancers.

The Assiniboine Park event runs from noon to 9 p.m. and features a talented group all the way from southwestern China, the Sichuan Acrobatic Troupe, who will be joined onstage by the local group Manitoba Great Wall Performing Arts.

In addition to the main acts, there will also be a ribbon-cutting ceremony at noon, lion dance, Chinese food vendors, bubble tea house, Chinese arts and crafts, and souvenirs.

The weekend's events wrap up with a one-day cultural workshop from 10 a.m. to 3 p.m. at the Great Wall Dance Academy on Waverley Street, featuring Kung-Fu, simple acrobatic techniques, and Chinese folk dances, paper cutting, and crafts. This event is for youth aged five to 18 and costs $20, lunch included.

BERNICE PONTANILLA/METRO

Smuggling. Man fined after importing fake guns

A Winnipeg man has been fined $8,000 for smuggling non-lethal replica firearms into Canada from the United States.

Zaeem Ahmed pleaded guilty Wednesday in provincial court to smuggling and possession of unlawfully imported goods.

He was charged after Canadian Border Services seized 18 shipments of the guns, which look exactly like real firearms, but fire plastic pellets using compressed gas or a spring. The federal agency says Ahmed ordered the replica firearms and then sold them in Canada on the Internet. THE CANADIAN PRESS

Some of the fake weapons seized by Canadian Border Services. HANDOUT

Cyclist in critical condition

A man was taken to hospital in critical condition after his bike collided with a car on Main Street near York Avenue, Wednesday, at around 10:30 a.m. York Avenue was shut down for most of the day while police investigated. CONTRIBUTED/JOGIN TAMAYO

Red River Radio taking on the world

Dan Vadeboncoeur, a radio instructor for Red River College's Creative Communications program, says the new online Red River Radio station will provide students with a larger potential audience. BERNICE PONTANILLA/METRO

Training ground. New online station will have 'everything' Kick FM had

BERNICE PONTANILLA
bernice.pontanilla@metronews.ca

Red River College's radio students are reaching out to the world — via the Internet, that is.

With the demise in July of 92.9 Kick FM, students in the Creative Communications program, as well as members of the public, lost the medium by which they learned the ins and outs of running a radio station and producing content.

This led the Creative Communications program, known as CreComm, to put their radio station online and rename it Red River Radio.

"Basically the idea is we want to offer our students the chance to have everything they had at Kick FM," said Dan Vadeboncoeur, a 2009 CreComm graduate, CBC news editor/presenter and now a radio instructor for the program.

"We've gone from over the airwaves to the biggest medium in the world … We're going to use it to showcase our students' work."

Vadeboncoeur said the 24-hour online radio station has a format similar to that of Kick FM and will continue to provide an outlet for local indie rock and folk bands to have their music heard.

Students are also in the process of pitching show ideas, which will be evaluated by the instructors and then, if approved, hit the Internet.

Vadeboncoeur said the radio station will also be providing live hits by students covering the upcoming Fort Whyte by-election on Sept. 4.

The Red River Radio station can be accessed online by visiting radio.rrc.ca and clicking on "Listen to our Live Stream" at the top of the page.

Follow Bernice Pontanilla on Twitter @MetroBee

1 NEWS

Mobile news

Pepé Le Pew finally found his mate, and it only took 67 years. Scan the code to watch the real-life spunky skunk smooch his feline.

Fire hall land swap raises eyebrows

Fire Station No. 12. Mayor Sam Katz says the deal is on the up and up

A land deal involving the sale of two fire halls and river property to help pay for four fire stations has councillors concerned after the city land was traded without their approval.

To make matters more confusing, the land deal was presided over by Winnipeg's fire chief.

The controversy began last week when local development company Shindico listed Fire Station No. 12 on Grosvenor Avenue as up for lease.

Two years ago, council approved a plan to sell the fire halls on Grovesnor Avenue and Berry Street to help pay for the construction of fire-paramedic stations in Sage Creek, St. James, Charleswood and River Heights.

Fire Chief Reid Douglas then went through with the plan, trading the two fire halls and property on Mulvey Avenue in exchange for property on Taylor Avenue owned by Shindico to build new Fire-Paramedic Station No. 12.

The problem is that council had yet to declare the land officially surplus. City bylaws prevent the sale or swapping of city-owned property without council first declaring it surplus.

But Mayor Sam Katz said city hall administration followed all the proper processes and the deal was done under the auspices of the development department, even though the fire chief presided over it.

"(The land swap deal) is coming before council," he said, then blamed Shindico for prematurely placing the listing on its website. "You cannot sell or rent something that you don't own." METRO

Downtown safety. Cops say strategy to make the area safer is working

Downtown Winnipeg is undergoing a rebirth, with new residents and businesses, thanks to a safety-promotion strategy announced late last year, police say.

On Wednesday, Staff Sgt. Andy Golebioski of the Winnipeg Police Service outlined some of what the force has done since Chief Keith McCaskill announced the strategy in November.

So far, police have added 16 officers to their downtown foot patrol and expanded their closed-circuit television network on downtown streets. They have also boosted the number of hours officers spend patrolling.

Golebioski said the strategy includes plans to work with building developers and city planners to design the changing downtown landscape in a way that reduces the number of places criminals can hide.

Police also spoke about the things Winnipeggers can do to make downtown safer, including reducing speeds and obeying traffic laws while driving, and being wary when approached by strangers.

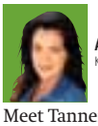
Staff Sgt. Andy Golebioski speaks about the downtown safety strategy on Wednesday.
SHANE GIBSON/METRO

Stefano Grande, executive director of Downtown BIZ, said police have kept in close contact with his organization and their presence is making a marked difference on downtown streets.

"They're hanging around our concerts, hanging around our movies — they're there," he said. "People want to see policing, especially in downtown. It gives everyone a sense of security."

SHANE GIBSON/METRO

TERRIFIC TANNER WILL AMAZE YOU ... BUT KEEP THE BALLOONS AWAY FROM HIS FACE



ABOVE-AVERAGE JOE
Kerri Salki

Meet Tanner MacDonald. He's a magical kid. Literally! When he was five, he got a magic kit for Christmas and has been perfecting and performing his skills ever since. Tanner's first big show was for his school (Chancellor Elementary) when he was six.

Tanner loves his family a lot, but spends very little time with them as he practises for hours each day. Birthday parties, carnivals and corporate engagements keep "Terrific Tanner" (his stage name) extremely busy.

Born: Winnipeg, at the Victoria Hospital
Age: 11, in Grade 6
Occupation: Magician, juggler, balloon artist
Dream job: Performer in Cirque du Soleil as a juggler
Favourite season: Summer
Favourite foods: Chicken and pasta
Favourite team: Vancouver Canucks
Mac or PC? Mac!
Weird skills: I can stick a balloon through my nose and pull it out my mouth.
Favourite song right now: A song from a Cirque show, OMEKAO
Favourite movie: The Hunger Games
Star name (pet + street): Eric Mickey
Who do you want to be like? Doo Doo the Clown from Toronto

Tanner MacDonald
METRO

Just because they're not famous doesn't mean they're not a somebody. If you know an Above Average Joe that you think needs recognition, e-mail me at kerri.salki@102clearfm.rogers.com.

KERRI IS PART OF THE SHOW JAY AND KERRI IN THE MORNING ON 102.3CLEARFM.

For a full list of participating financial institutions visit interac.ca. Trade-mark of Interac Inc. Used under license.

Republican vice-presidential candidate Paul Ryan gestures Wednesday night ahead of his speech to the Republican convention in Tampa, Fla. MARY ALTAFFER/THE ASSOCIATED PRESS

Ryan revels in raves from the Republicans

Romney's running mate. He's a hero of the right, but Dems loathe him: Will this man change the dynamics of the U.S. presidential race?

Call him the man of the moment.

Congressman Paul Ryan, a hero to conservatives and lightning rod for Democrats, was taking centre-stage Wednesday night at the Republican National Convention.

His assignment: accepting the party's nomination to be Mitt Romney's U.S. vice-presidential running mate in the campaign to defeat U.S. President Barack Obama.

Ryan's major speech on the second day of the storm-shortened convention was to be a debut of sorts for the 42-year-old from the Midwestern state of Wisconsin.

In excerpts released ahead of the speech, Ryan lauded Romney, saying the former Massachusetts governor "will not duck the tough issues" if he wins the White House.

"After four years of getting the runaround, America needs a turnaround, and the man for the job is Governor Mitt Romney," he said.

So far, Ryan has not changed the dynamics of the presidential race.

A poll by the Pew Research Center and the Washington Post found Americans deeply divided about Ryan, whom they described as conservative, intelligent, fake and phoney.

THE ASSOCIATED PRESS

Quoted

U.S. President Barack Obama "has allowed our leadership to diminish."

Republican presidential candidate Mitt Romney, in a speech on Wednesday.

Boy dismembered

40 years to life for child killer

Levi Aron, a New York City store clerk, was sentenced Wednesday to 40 years to life in prison for kidnapping, killing and dismembering a boy.

Aron, 37, admitted he killed eight-year-old Leiby Kletzky, who was lost in an Orthodox Jewish neighbourhood.

"He's sorry and he wished he hadn't done it," attorney Pierre Bazile said. Aron wore a black yarmulke, bushy beard and orange prison jumpsuit, and kept his head down and eyes closed.

THE ASSOCIATED PRESS

Troubled teen. After delays, inquest into girl's jail death set to resume

The inquest into the death of a teenage girl in an Ontario prison is set to start anew in Toronto on Sept. 20 after facing numerous delays.

Ashley Smith, 19, from Moncton, N.B., choked herself with a strip of cloth while guards looked on.

The teen was transferred between facilities 17 times during the last 11 months of her life, spending much of it in segregation units.

The case's original coroner, Dr. Bonita Porter, startled legal observers by abruptly announcing the proceedings would adjourn because she planned to retire in November.

Smith was first sent to prison at 13 for throwing crab apples at a postal worker.

The inquest heard she frequently tied various material around her neck and sometimes banged her head or cut herself. But she wasn't trying to hurt herself intentionally — rather after being kept in isolation much of the time, she allegedly did it for the stimulation.

THE CANADIAN PRESS

comwave
Home Phone
Back to school
Now... Everyone gets a student discount!
Limited Time Offer
6 Months FREE
on any plan
• All features FREE
• Keep your existing phone number
Unlimited GLOBAL $29.95 /month
All the features free plus unlimited long distance to almost 60 countries
Unlimited CANADA $19.95 /month
All the features free plus unlimited Canada-wide long distance
Unlimited LOCAL $14.95 /month
Unlimited local calls plus over 14 FREE features
1-866-210-0444
www.comwave.net
Download our Comwave Mobile App
3 Days Free Trial

WagJag.com

DEAL OF THE DAY!

GET DEALS ON YOUR PHONE: Made for iPhone

Buy For: $19

tech 2 rescue™
computer solutions

$19 FOR 1 HOUR OF ON-SITE COMPUTER SERVICE FROM TECH2RESCUE (AN $88 VALUE)

Regular Price: $88

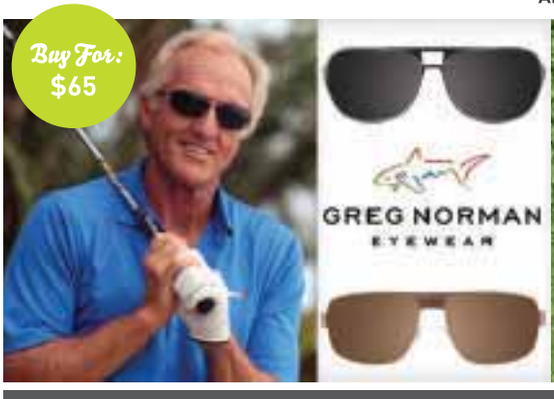
You Save: $69

Discount: 78%

ASTROLOGIC ANSWERS: TWO OPTIONS
OPTION 1: $15 FOR A BIRTH CHART AND A 12-MONTH FORECAST CHART
OPTION 2: $9 FOR A BIRTH CHART

JORDAN MYALL PHOTOGRAPHY: TWO OPTIONS
OPTION 1: $49 FOR A 1-HOUR INDIVIDUAL OR FAMILY PORTRAIT SESSION, INCLUDING 25 PRINTABLE RETOUCHED IMAGES ON DISC | OPTION 2: $75 FOR A 2-HOUR INDIVIDUAL OR FAMILY PORTRAIT SESSION, INCLUDING 25 PRINTABLE RETOUCHED IMAGES ON DISC AND ONE 8 X 10 PRINT

SIMPLY SUGARING: THREE OPTIONS
OPTION 1: $15 FOR A BIKINI LINE SUGARING TREATMENT | OPTION 2: $30 FOR A BRAZILIAN SUGARING TREATMENT
OPTION 3: $40 FOR 2 BRAZILIAN SUGARING TREATMENTS | ALL DEALS INCLUDE A 50% DISCOUNT ON NEXT FUTURE SERVICES BOOKED



WagJag Golf

$65 FOR AN AUTHENTIC PAIR OF GREG NORMAN SUNGLASSES (AN UP TO $171 VALUE) INCLUDES SHIPPING

Visit: WagJag.com

Follow us: facebook.com/wagjag @wagjag

Hurry to WagJag.com to purchase local deals before time runs out.

Sentencing. Tech-file thief nets 4 years in jail

A Chinese-born American convicted of stealing trade secrets from Motorola was sentenced Wednesday to four years in prison in a case that both the judge and prosecutors hoped would send a message to those who might be tempted to siphon vital information from U.S. companies.

"In today's world, the most valuable thing that anyone has is technology.... The most important thing this country can do is protect its trade secrets," U.S. District Judge Ruben Castillo said before sentencing Hanjuan Jin.

Jin, who worked as a software engineer for Motorola Inc. for nine years, was stopped during a random security search at Chicago's O'Hare International Airport on Feb. 28, 2007, before she could board a flight to China.

Prosecutors say she was carrying $31,000 and hundreds of confidential Motorola documents, many stored on a laptop, four external hard drives, thumb drives and other devices.

THE ASSOCIATED PRESS

Economist doubts 'dead money' claim

BoC. Carney made too much of $526B held in reserve by corporations, says TD Bank's Craig Alexander

When Bank of Canada governor Mark Carney called $526 billion in corporate cash "dead money," he was overstating the facts, a chief economist of a major Canadian bank says.

Businesses have been a major contributor to the economic recovery from the recession, TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Companies have created 80 per cent of the 721,700 new jobs since mid-2009, while business investment in machinery and equipment is just 2.3 per cent below its pre-recession peak.

"It is true that firms have increased their holdings of cash, but calling all of it dead money is overstated," TD Bank chief economist Craig Alexander wrote in a note to clients Wednesday.

Having said that, Alexander also agreed that Canadian companies need to do more to boost the country's competitiveness.

"The simple truth is that, at the economy-wide level, businesses under invested prior to the recession and they cannot let the prevailing risks paralyze them from investing in the coming quarters. They have to build for the future."

Other reports have said paying the excess out to investors in the form of higher dividends may not do much to boost the economy. Most shareholders are reinvesting their dividends to boost their retirement nest eggs rather than using the money to buy things, Stéfane Marion, chief economist of the National Bank of Canada, wrote in a recent commentary for clients.

TORSTAR NEWS SERVICES

Mirror, mirror?

Kim Kardashian, inset, has settled a lawsuit against Old Navy, claiming the clothing retailer violated her publicity rights by using a lookalike in an ad. The lawsuit was over the commercial titled Super C-U-T-E. It featured Canadian singer-model Melissa Molinaro, pictured above, who an attorney for Old Navy said at a January hearing was famous in her own right. Her appearance in the ad wasn't intended to draw similarities to Kardashian, the retailer maintained. GETTY IMAGES FILE PHOTOS

Scotiabank

ING Bank of Canada sold for $3.13B

Scotiabank plans to scoop up ING Bank of Canada from its Dutch parent company in a $3.13-billion deal that will give the country's most international bank a stronger foothold in domestic consumer banking.

ING Direct would continue to operate separately and maintain its 1,000 employees under the deal announced Wednesday.

Scotiabank said the deal to buy the no-fee online banker, with a book value of about $1.7 billion, $40 billion in assets and about $3 billion in deposits, will add "modestly" to its earnings within the first year.

THE CANADIAN PRESS

Market Minute

DOLLAR
101.06¢ US (-0.18¢)

TSX
12,009.79 (-0.11)

OIL
$95.49 US (-84¢)

GOLD
$1,663 US (-$6.70)

Natural gas: $2.634 US (+2¢)
Dow Jones: 13,107.48 (+4.49)

BACK-TO-SCHOOL WITH BOOZE AND BREATHALYZERS

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

I find back-to-school easier than most.

Some people might say that's because I'm not going to school and I have no children, but "phooey on them," as the kids say.

I prefer to think my distance from the chaos provides me with perspective, the same way any given person yelling at the TV could do a better job with the Blue Jays than the paid personnel up close who can only focus on one torn ligament at a time.

For instance, a back-to-school detail I've noticed that's eluded some in the mall-strom is how most shopping lists this time of year focus solely on the student.

But what about the parents' needs?

There are already dozens of columns out there about what kids must have, so here's a look at what moms and dads should buy for a seamless return to 10 months of the ABCs (Angst, Bullying and Confusion).

Grade school:

You need:

- A pre-recording of Carson Daly interviewing Dr. Sanjay Gupta, in case they won't go to bed. Tell them this is what all late-night TV is like.
- The Busdrivalyzer, for overprotective parents — allows you to make sure that the driver on the bus blows clean, clean, clean.
- A pre-written "You're going to have the time of your life!" speech for when you get the urge to tell your children that school is 12 years of emotional and physical violence and run, kid, run break the connected mitten strings and run!

Middle school:

You need:

- A sideways ball cap and a compact disc with an explicit lyrics sticker on it, to let your kids know that you're with it. If you work out a little rap like, "It might seem cool/But a bully is a straight-up fool," your child will remember it forever.
- A kitchen switch that allows you to turn the shower to 'icy cold' after 15 minutes or when the steam sets off the fire alarm, whichever comes first.
- A pre-written, vaguely worded "birds and bees" speech for when you get the urge to say, look kid, the idea of explaining sex to you is just as gross and disturbing to me as it is to you, so ask that Emily girl you like or something.

High school:

- If you would like your child to answer with more than "nothing" when you ask about school, then you'll need, at minimum, the rack. If you want more than "It was fine and they didn't give any homework," an iron maiden.
- An ejection seat that allows you to let your child out in front of their school while driving 100 km/h, thus avoiding embarrassment for the student.
- A pre-written, "You can be whatever you set your mind to!" speech for when you get the urge to say, "You can do whatever you set your mind to provided it fits your socio-economic status, gender, race, last name, the public's perception of you, and then you get incredibly lucky!"

All ages:

- Booze. But you knew that.

It's back-to-school time, which means an expert, i.e. a Metro columnist, has the best advice. You might want to take notes. ISTOCK

La Tomatina makes a gushy scene

ALBERTO SAIZ/THE ASSOCIATED PRESS

Running red

Spanish city turns to tomato warfare

Revellers kiss each other during the annual Tomatina tomato fight in the village of Bunol, Spain, Wednesday.

At this time of year, the town hosts one of the largest food fights in the world, with 40,000 people gathering to throw more than 100 tonnes of tomatoes at each other. The tradition has stood since 1945 and is embraced by locals and tourists. METRO

What did this stem from?

"We don't have much space, but there is no other way."

Coun. Rafael Perez, festival spokesman, acknowledges the chaotic nature of La Tomatina. However, the prestige and tourism the town gains from the events should secure its future.

Make your own Tomatina

- **Swimming costume and goggles.** You will be grateful for the goggles when you get hit in the face, and a snorkel makes breathing easier.
- **Get it started.** Organizer has the honour of hurling the first load of fruit at assembled friends.
- **Play fair.** Squash the tomato in your hand before throwing as it can cause serious damage otherwise.

Hothouse

120

The total weight in tonnes of the tomatoes used at La Tomatina festival. Despite the recession, and criticism of wasted food, the volume was not reduced this year.

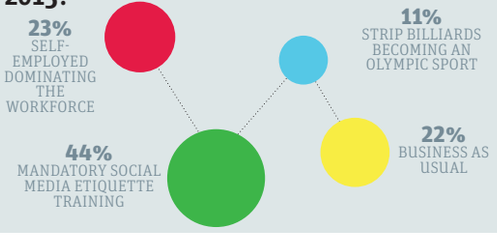
On the web

Go to metronews.ca to watch scenes from the event.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

What does the future hold for the class of 2013?



Twitter

@DecoChicInt: Rule of thumb for art hanging: bottom of the picture should be no more then 6"-8" above the top of your furniture. #decortip #winnipeg

@gabby_harland: Winnipeg has the creepiest people on the bus #StopLookingAtMe

@Laubridge: Wow congrats #winnipeg for actually trending on Twitter! #soproud

@wpgjetsfan68: Gary Bettman secretly wants a lockout just to spite Winnipeg.

@jbarber_: You used to tell it was summer in Winnipeg by the number of Mosquitos. Now you tell by the number of traffic cops #pestproblems

metro **President** Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Winnipeg** Elisha Dacey • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Vice-President, Sales** Quin Millar • **National Sales Director** Peter Bartrem • **Sales Manager** Alison Zulyniak • **Distribution Manager:** Rod Chivers • **Vice-President, Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Marketing & Interactive** Jodi Brown, **Vice-President, Finance** Phil Jameson **METRO WINNIPEG** 161 Portage Ave E Suite 200 Winnipeg MB R3B 2L6 • **Telephone:** 204-943-9300 • Fax: 888-846-0894 • **Advertising:** 204-943-9300 • adinfowinnipeg@metronews.ca • **Distribution:** winnipeg_distribution@metronews.ca • **News tips:** winnipeg@metronews.ca • **Letters to the Editor:** winnipegletters@metronews.ca

ROGERS

WINNIPEG
AirSource
212 Henderson Hwy.
(204) 989-2954

AirSource
1200 McPhillips St.
(204) 989-2927

AirSource
671 Pembina Hwy.
(204) 925-1260

AirSource
2599 Pembina Hwy.
at Bison Dr.
(204) 261-1234

AirSource
University Centre
University of Manitoba
(204) 987-3444

AirSource
Portage Place
(204) 946-0721

AirSource
2609 Portage Ave. at Moray
(204) 954-2939

AirSource
1500 Regent Ave. W
(204) 988-3080

AirSource
St. Vital Centre Kiosk
(204) 989-2939

AirSource
St. Vital Centre
(204) 989-2940

SI Wireless Communications
1132 Portage Ave.
(204) 231-1600

SI Wireless Communications
661 Corydon Ave.
(204) 231-1650

SI Wireless Communications
Winnipeg Square
(204) 944-8070

Teleco
Kenaston Common
(Kenaston at McGillivray)
(204) 947-9570

Teleco
948 St. James St.
(204) 831-1234

SELKIRK
Nickel Communications
3-344 Main St.
(204) 482-9667

STEINBACH
Nickel Communications
Unit H – 197 Main St.
(204) 326-4988

WINKLER
Nickel Communications
9 – 820 Triple E Blvd.
(204) 325-4121

BRANDON
Teleco
Unit B3 – 1128B 18th St.
(204) 727-0100

NEEPAWA
Neepawa True Value
268 Hamilton St.
(204) 476-2333

STONEWALL
TMC Distribution
325 Main St.
(204) 467-2014

PORTAGE LA PRAIRIE
Reimer Antenna Service
1000 Saskatchewan Ave. W
(204) 857-9001

SWAN RIVER
Sears Swan River
619 Main St.
(204) 734-4541

DAUPHIN
North of 51 Designs &
Computers
12 2nd Ave. NW
(204) 638-7148

THOMPSON
City Centre Mall
(204) 677-3212

THE PAS
Sound Innovations
317 Fischer Ave.
(204) 623-7171

FLIN FLON
Sears Flin Flon
35 Main St.
(204) 687-7581

ROGERS plus

WINNIPEG
Kildonan Place
(204) 667-8248

Garden City Shopping Centre
(204) 339-8895

Polo Park
(204) 774-2412

BRANDON
Brandon Shoppers Mall
(204) 571-6976

The place to go... to go superfast.

STUDENTS SAVE
UP TO **$120**
OVER 12 MONTHS ON SELECT PLANS[1]

BONUS
UNLIMITED WIRELESS INTERNET
FOR 3 MONTHS

Samsung Galaxy S III™ (16 GB)
with **FLEXtab™**
$159.99* with select 3-yr. FLEXtab agreements

LTE beyond 4G

THE **LTE-READY** SAMSUNG GALAXY S III™

Samsung's most advanced superphone with HD Super AMOLED screen

Hurry into a Rogers store for a huge selection of LTE superphones.

Rogers LTE network available in select cities. See rogers.com/coverage

rogers.com/superphones

CONNECT EXCITING text NETWORK TALK SHARE RELIABLE ACCESS CONNECT LIFE NETWORK CHAT
TALK FRIENDS SURF LIFE TEXT FIRST FAST FREEDOM LIFE
CHAT ACCESS FREEDOM EXCITING FRIENDS

Creating World-Leading Internet Experiences.

ROGERS™

ROGERS™ authorized dealer · ROGERS plus · WIRELESSWAVE · WIRELESS etc... · COSTCO WHOLESALE · booth wireless · FUTURE SHOP · BEST BUY · Walmart · LONDON DRUGS

Offers available for a limited time and subject to change without notice. Usage subject to Rogers Terms of Service and Acceptable Use Policy. *With new activation on any 3-yr. talk and internet plan having min. $48 monthly service fee. Device Savings Recovery Fee and/or Service Deactivation Fee (as applicable) apply in accordance with your service agreement. FLEXtab balance corresponds to the sum of Device Savings Recovery Fee and the Additional Device Savings Recovery Fee. A one-time Activation Fee of up to $35 (varies by province) may apply. 1 Available to new Rogers wireless student customers (valid student ID required) who activate a single-line plan between Aug. 9/12 and Nov. 6/12. Eligible students must register online at www.rogerspromotions.com/students prior to Dec. 6/12 for monthly $10 credit. Credit will be applied so long as eligible plan is maintained. © 2012 Rogers Communications.

SCENE 2

Park yourself at this party

Montreal musician Patrick Krief kicks off The Park Theatre seventh anniversary shows on Wednesday. SUPPLIED

Birthday fete. Park Theatre anniversary acts to include ex-The Dears member Patrick Krief and local blues act

BACKSTAGE PASS
Jared Story
winnipeg@metronews.ca

Happy birthday! The Park Theatre celebrates its seventh year of operation with a tetrad of special anniversary shows.

The festivities kick off on Wednesday with ex-The Dears guitarist Patrick Krief, continue Thursday with local blues badasses Romi Mayes and Jay Nowicki and Friday with Ronnie Hawkins' backing band The Weber Brothers and finish off Saturday with a Moses Mayes-hosted dance party.

"We're trying to bring out something for every one of our patrons," owner Erick Casselman says.

"It's not like we're putting on a show only for one segment of the Park population, it's for everybody who helped us get to where we are."

Established in 1914, Casselman and his now ex-wife Melanie bought the former vaudeville venue and film house in early 2005, re-opening it that summer. Starting almost solely as a movie theatre, the Park began to shift its focus to live entertainment in 2006.

"JP Hoe (a local singer-songwriter who will open for Krief) had a lot to do with that," Casselman says. "After seeing a Monty Python triple header here and thinking it was a cool room with a cool sound, he recorded his Live Beta Project here.

"I always insisted that we build a stage so we had the possibility of doing live entertainment. In the beginning we had a little thrust stage. When Ron Moore used to do his improv shows here, we'd set up little construction lights so the entertainers would be lit up. It was a very primitive venue back then, but as more people wanted to use the space, live entertainment evolved into being the primary focus of the business."

In 2008/09, the Park further cemented its status as a premiere 'Peg venue, filling in for the West End Cultural Centre as it went through renovations. Now, the Park is booked almost every night of the week, be it for music, comedy or film. Casselman says there are many reasons for the venue's success — including its big stage but intimate feel, the vitality of its South Osborne neighbourhood and a friendly and loyal staff — but most of all he says it's the performers.

"Manitoba and Winnipeg artists, they really make the space what it is," Casselman says. "I don't care who the big name is that's coming through, it's the local artists that helped to put us on the map."

If you go...

- Tickets for the Park Theatre anniversary shows range from $10 to $15 are available at the Park, Music Trader and ticketbreak.com/parktheatre. All shows start at 8 p.m.

On the web

Venice Film Festival cuts number of entries, adds movie market, courts acclaimed auteurs.

Paddles up!

Cheer on the teams, take part in the kids' activities, make a donation and have a fun family day at Lake Shirley Water Ski Park.

All funds raised stay right here in Manitoba to help kids fighting cancer by providing direct patient care and critical research.

CancerCare Manitoba FOUNDATION
FMG Dragon Boat
The Children's Hospital Foundation of Manitoba

MEDIA SPONSORS:
99.1 fresh fm
CJOB 68 SUPERSTATION
metro

FMG MANITOBA DRAGON BOAT FESTIVAL
A PROUD PARTNERSHIP OF THE CANCERCARE MANITOBA FOUNDATION AND THE CHILDREN'S HOSPITAL FOUNDATION OF MANITOBA

Lake Shirley Water Ski Park
365 Murdock Road, off Dugald Road
Friday, Sept 7, 4pm – 9pm
Saturday, Sept 8, 7am – 7pm
Sunday, Sept 9, 8am – 6pm
cancercarefdn.mb.ca
204-927-5433

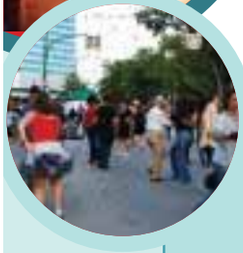
Manitoba Lotteries

manyfest

All together downtown

COME CELEBRATE

COMMUNITY • ARTS • ENTERTAINMENT • HEALTHY LIVING



Taste of Downtown Winnipeg Wine & Cheese
Friday, Sept. 7 - Saturday, Sept. 8 - Sunday, Sept. 9

Sip cabernets, chardonnays, and many other fine wines while sampling gourment food in support of Winnipeg Harvest.

Ciclovia
Sunday, Sept. 9

Fitness classes, Soapbox Derby, the Tweed Ride, a car-free route from Assiniboine Park to Broadway and much more.

Giant Movie in the Park
Friday, Sept. 7

Roll out your blanket in Memorial Park and watch a movie on a giant outdoor screen under the stars.

Winnipeg 10+10 Event
Sunday, Sept. 9

Enjoy the scenic 10 km, 10 mile, or 5km run that starts and ends in Memorial Park.

Lights on Broadway
Saturday, Sept. 8

Walk or cycle down Broadway in a Parade of Lights.

Broadway Farmers' & Artisan Market
Saturday, Sept. 8 - Sunday, Sept. 9

Stroll among dozen's of vendors, browse handmade jewelry, and pick up some fresh veggies.

Big Dance on Broadway
Saturday, Sept. 8

It's a dance party like no other with two stages playing various genres of music. Jive, swing, bop and groove to live tunes.

Minifest Kids' Zone
Saturday, Sept. 8 - Sunday, Sept. 9

Bring the family to enjoy bouncers, crafts, buskers, activities & more.

September 7 - 9 manyfest.ca

ON BROADWAY

want to volunteer? visit: manyfest.ca

HOST SPONSOR

TITLE SPONSOR

SUPPORTING SPONSORS

GOLD SPONSORS

EVENT SUPPORTERS

FRIENDS

MEDIA SPONSORS

Boeckner and Daniel make for Divine Fit(s)

New band. Divine Fits came together gradually over the course of 2011, growing from the mutual respect between musicians

Sam Brown, Britt Daniel and Dan Boeckner of the indie-rock band Divine Fits. HANDOUT/THE CANADIAN PRESS

Over the course of one year, Dan Boeckner saw both of his acclaimed Canadian indie-rock outfits — Wolf Parade and Handsome Furs — break up.

For the first time in nearly a decade, the prolific Boeckner was a man without a band. Some people might have been tempted to take some downtime to mull their next career move. But not the 34-year-old Boeckner, who formed the trio Divine Fits with Spoon frontman Britt Daniel before the world even knew that Handsome Furs had split.

"I don't really take breaks," said the B.C.-raised rocker in a recent telephone interview from his new home in Los Angeles.

"I never consider that because I don't like to stop working. Any time I get tired or burnt out on the road ... I always think back to my telemarketing job in Montreal. I had this awful telemarketing job and ... I think back to that and I think back to working a night shift at a bar and being a short-order cook.

"Then I don't feel so tired. Well, at least I'm not in front of a dishwasher every night, covered in half-eaten hamburgers, smelling like bleach, waiting to get home to write songs."

Divine Fits came together gradually over the course of 2011, growing from the mutual respect between Boeckner and Daniel.

First they swapped songs back and forth on the Internet, and by the end of the year, Boeckner was living on the top floor of Daniel's Los Angeles home, thus allowing the newly minted band the opportunity to spend nearly all of their free time worrying over the tunes that now form their debut, A Thing Called Divine Fits.

Somehow, the album seems a perfectly balanced blend of its dual songwriters, blending the flab-free rock economy Daniel is known for with Boeckner's penchant for spontaneous, dangerous pop.

While Boeckner is glad the record reflects their musical signatures more or less equally, he says that wasn't the goal.

"We never talked about what the band was going to sound like — we didn't sit down and have an esthetics meeting," he said with a laugh. THE CANADIAN PRESS

Quote

"Any time I get tired or burnt out on the road ... I always think back to my telemarketing job in Montreal. I had this awful telemarketing job."

Dan Boeckner
Talking about his work ethic.

Out of this world music. New will.i.am track gets broadcast from Mars

Some might say Wednesday's Mars musical broadcast was one small step for will.i.am.

His new track Reach for the Stars had its galactic debut on Aug. 28 when it was transmitted from 300 million miles away via the Curiosity rover.

"Today is about inspiring young people to lead a life without limits placed on their potential and to pursue collaboration between humanity and technology through STEAM (science, technology, engineering, arts and mathematics) education. I know my purpose is to inspire young people, because they will keep inspiring me back," the Black Eyed Peas and solo artist said in a release.

In addition to his music, will.i.am — born William James Adams, Jr. — has been known as a science education advocate. His i.am angel Foundation and Discovery Education focuses on teaching STEAM subjects in schools. The artist also announced a $10 million classroom education initiative during the NASA press conference about the song broadcast. The money will reach 25 million students annually in the U.S. While it may be the first time that a recorded song has been broadcast to Earth from another planet, it isn't the first song broadcast in space. NASA sent out Across the Universe to the rest of the universe on the 40th anniversary of the Beatles' song. And, Saturn's radio emissions were turned into audible frequencies, which were then turned into a composition called Sun Rings by the Kronos Quartet. METRO

Will.i.am had his song broadcast to the heavens. GETTY IMAGES

A love-starved football free agent tests the dating market on The Bachelor of Canada

Looking to score. A diverse group of single women hope to catch the eye of a former CFL commissioner's son in reality television series

A pastor, a Playboy model and a real estate agent nicknamed Bubba are among the single women who will vie for the attention of CFL wide receiver Brad Smith on The Bachelor Canada.

Citytv has so far announced five of 25 contestants for the upcoming reality show.

Rounding out the diverse list is an office administrator and a university recruitment agent. The bachelorettes announced so far hail from New Brunswick, Alberta, British Columbia and Ontario.

The nine-episode reality series is set to begin Oct. 3.

Hosted by Tyler Harcott, the show will take place in a Victoria mansion.

Smith has played for the Montreal Alouettes, Toronto Argonauts and the Edmonton Eskimos.

His father, Sen. Larry Smith, is a former CFL commissioner and former president and CEO of the Alouettes.

THE CANADIAN PRESS

The Dating Game

Wide receiver Brad Smith's transient pro sports lifestyle has made it difficult for him to find Mrs. Right but now he says he's is ready to settle down with the woman of his dreams.

Contestant Chantelle, 25, is a pastor from Sylvan Lake, Alta.

ALL PHOTOS COURTESY OF CITY TV

Contestant Clarice, 25, is an office administrator from Toronto.

Contestant Melissa Marie, 28, a Playboy model from North Vancouver.

Rebecca, 27, a real estate agent from Toronto.

Sophie, 26, a university recruitment agent from Moncton.

Free Admission
中国文化庙会
巴蜀文化走进加拿大
Chinese Culture Day - Sichuan Culture in Canada
Hosted by Manitoba Great Wall Performing Arts
12:00 to 9:30 pm Saturday, September 1, 2012
Assiniboine Park, Lyric Theatre
Lion Dance
Chinese Food Tasting
Chinese Gifts & Souvenirs
Face Changers
Acrobatic Performance
Find us on Facebook
MANITOBA GREAT WALL
www.manitobagreatwall.com Tel. 333-2701

MANITOBA LOTTERIES PRESENTS
MAINSTAGE ENTERTAINMENT
AT McPHILLIPS STATION CASINO
The Lettermen
SEPT 12 TICKETS $30* & $35* ON SALE NOW!
54.40
SEPT 22 CONCERT/CABARET TICKETS $30* & $35* RESERVED
$25** GA/STANDING ON SALE NOW!
See a complete listing of our upcoming shows at
www.casinosofwinnipeg.com
Follow us on
* All seating is reserved. Prices subject to taxes and fees.
** General Admission / Standing Room in Cabaret Area, (limited rush seating available).
All shows at 8pm unless otherwise indicated.
Tickets are available at the casinos, charge by phone at
1-855-985-5000 or order online at ticketmaster.ca
Patrons must be 18 years of age or older. Photo ID may be required.
McPhillips Station CASINO

Robert Pattinson ALL PHOTOS GETTY IMAGES

Home, sad home for Robert Pattinson

Robert Pattinson is reportedly selling the Los Angeles mansion he shared with Kristen Stewart, according to Us Weekly. The Twilight star is looking to unload the property because "he said there are too many memories," a source says. But while he may be dropping the property, Pattinson isn't necessarily through with Stewart. "Rob doesn't hate her and he's not mad," the source says. "He just doesn't get why she did it. He loves her and thinks about her constantly."

Quoted

"He just doesn't get why she did it. He loves her and thinks about her constantly."

Source commenting on Robert Pattinson still thinking about Kristen Stewart

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Lohan gets the boot from Chateau Marmont

THE WORD
Monica Weymouth
scene@metronews.ca

Lindsay Lohan almost had a good day yesterday. After it looked like she was all but headed back to jail for swiping $100,000 worth of jewelry at a house party, the L.A. County District Attorney decided not to prosecute her. Unfortunately, the Chateau Marmont — the swanky hotel she's called home since May — decided to kick her out.

In an eviction notice obtained by TMZ, general manager Philip Pavel takes issue with the $46,350 bill the actress has managed to rack up. "As we have made repeated attempts to resolve this pressing matter over the last few weeks without any resolution, I regret to inform you that we will no longer be able to extend any further credit for you to remain in the hotel," he writes.

Pavel goes on to add a little comedic flair: "I have adjusted off the daily $75 charge for computer rental for use of the hotel's laptop as a gesture of good faith, with the understanding that you will return the computer."

Also included with the letter is an itemized invoice of the charges, including $686 for cigarettes (to be fair, they were charging her $14 a pack) and $100 for a "Chateau Candle" — which we certainly hope is code for something much more exciting than a candle.

Twitter

@Joan_Rivers
The Ukraine says SpongeBob SquarePants is gay, and wants him banned. I bet they also think Peppermint Patty just hasn't met the right guy.

@rihanna
It's 430 am and I'm up like an idiot! Can't sleep! Whyyyyyyy????!!!

@SteveMartinToGo
Going to sue Samsung for taking my idea of a talking thing the size of a pack of playing cards I had when I was eleven. Updates coming.

@taylorswift13
Was watching MTV last night and the commercial for the VMAs that I'm in came on and I was all "!!!!!!!!!!!!!!!!!"

Katie Holmes

Surprise, surprise Suri's a trust-fund kid

While Katie Holmes will reportedly be getting $4.8 million in child support payments until Suri Cruise turns 18, the little girl herself stands to fare much better from her parents' divorce, according to Radar Online, as Holmes reportedly insisted that Tom Cruise set up a trust fund for Suri as part of the settlement. "Katie wanted the trust fund put in place for Suri so that their daughter will be able to tap into after she turns 18," a source says. "Katie has absolutely no access to the money and didn't want to. ... But Suri won't be able to legally claim it until she is in her 30s."

THE REWARDS YOU WANT
20x faster
SATURDAY, SEPTEMBER 1
20x THE SHOPPERS OPTIMUM POINTS®
WHEN YOU SPEND $50 OR MORE ON ALMOST ANYTHING IN THE STORE.*

FREE feels good™
SHOPPERS DRUG MART

*Points are issued according to the net pre-tax purchase total of eligible products after redemptions and discounts and before taxes using a valid Shoppers Optimum Card®. Excludes prescription purchases, Shoppers Optimum Bonus Points®, Shoppers Optimum® MasterCard® points and points associated with RBC® Shoppers Optimum Banking Account, products that contain codeine, non-pointable items, tobacco products (where applicable), lottery tickets, passport photos, stamps, transit tickets and passes, event tickets, gift cards, prepaid phone cards, prepaid card products and Shoppers Home Health Care® locations. Offer applies to photofinishing services that are picked up and paid for on the day of the offer only. Not to be used in conjunction with any other Shoppers Optimum Points® promotions or offers. See cashier for details. ® 911979 Alberta Ltd.

Find your wild side

Don't be outfoxed. All creatures great and small made their way down the autumn runways. Here's what we tracked down in the undergrowth.

RICHARD PECKETT
life@metronews.ca

If you go down to the shops today, you're in for a big surprise. No, not a teddy bears' picnic but a menagerie of critter-inspired clothing. Perhaps the catty industry wanted to show that it's got a cuddly side, or maybe designers were hoping to cash-in on the cutesy AWW factor. But whatever the reason, it's time to snare some of this season's game.

Off her perch! A model works the owl look at Anna Sui.

It's behind you: Mulberry's monster causes quite the fright! / TIM WALKER/MULBERRY AW'12

Wise move: Kate Bosworth sporting a Burberry Prorsum sweater.

Go fashionably feral

Aubin & Wills
Portland fox-intarsia sweater
$215
net-a-porter.com

ASOS
Skater dress in owl print, $68, asos.com

Tatty Devine
Fox necklace, $41
tattydevine.com

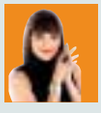
Charlotte Olympia
Kitty flat
$700
harrods.com

McQ Alexander
McQueen wolf print dress
$701
my-wardrobe.com

Dominique Lucas
Owl ring
$631
luisavia roma.com

Topshop
Cat ring
$20, topshop.com

Twitter



JEANNE SPACE
Jeanne Beker
life@metronews.ca

IN THIS HECTIC MODERN WORLD, TWITTER HAS BECOME A COOL AND SUCCINCT WAY OF COMMUNICATING. IT ALLOWS ME TO BE ACCESSIBLE, INSTANTLY SPEAK MY MIND, AND CONNECTS ME WITH ALL KINDS OF PEOPLE. WHETHER IT'S A FASHION QUESTION OR YOU JUST WANT TO COMMENT ON LIFE'S BIGGER PICTURE, I'D LOVE TO HEAR FROM YOU.

@Jeanne_Beker: September's almost upon us! What do you feel is a fashion must-have for fall??

@zoobia_xo
a bad-ass leather jacket, every fall.

@Jeanne_Beker
Oh yeah! I want a new one this fall too....

@dysfashional
Leather and coats with a fabulous belt for a flawless cinched look. #MustHave #Fall2012

@mommydoing
the Canadian jewellery designers @nikiandlola 's Flit Necklace.

@EHMakeupAndHair
love a peplum and a pencil skirt on a pear shape! Emphasizes the waist, glosses over the hips!

@Jeanne_Beker
So true! And so many kinds of peplums out there... Something for every body type. Must try some on!

@Jeanne_Beker: Check this shimmering Jimmy Choo pump made especially for @HoltRenfrew for its big 175.

@Jeanne_Beker: What a sunset! Magic over Lake Simcoe....

@JessicaMarcone
Frye leather boots, long heather grey cardigans, and riding leggings

@Jeanne_Beker
Sounds like my kind of outfit! Adore Fryes... Comfiest boots ever...

On the Web

Target lands bull's-eye on Montreal Fashion Week with new partnership

Junk food, without the junk

ROMINA MCGUINNESS
Metro World News

"When it comes to food, it's either eating something that's healthy but without taste, or delicious and bad for us," nutritional therapist Jessica Bourke, author of the cookbook Guilt Free Gourmet, tells Metro, calling that a myth. "We need food to stay alive, but we also need to enjoy it."

She suggests avoiding dairy, sugar and wheat, and has devised recipes to eat well without them.

Dairy

Why you should cut it out

1 It's high in fat, which can cause weight gain.

2 That it's the best source of calcium is a myth. A green smoothie contains just as much calcium as a glass of milk.

3 Cow's milk contains the protein casein, needed to build the big bones of baby calves, not humans. Our body doesn't know what to do with the excess. It also prohibits the absorption of key nutrients including iron and vitamin B12.

Top alternative: Soy. Great for our gut. For women, it's good for their hormones. Go for miso soup, tempeh or tofu.

Sugar

Why you should cut it out

1 It encourages bad bacteria to grow in the gut, which can cause IBS (irritable bowel syndrome). In time, this can exteriorize itself on our skin and lead to conditions such as acne and eczema.

2 It causes chronic fatigue. Processed sugar has a damping down effect on the immune system. Two hours after ingestion, immune cell capacity is reduced by 50 per cent.

3 Processed sugar triggers a blood sugar imbalance that will eventually make you prone to weight gain and hormone problems.

Top alternative: Xylitol. It may sound chemical, but this natural sweetener is derived from the bark of a tree.

Wheat

Why you should cut it out

1 White bread contains calcium carbonate. In other words, chalk.

2 Gluten, a protein found in wheat, can attack and damage the gut cells. This can lead to a condition known as leaky gut syndrome whereby the intestinal lining becomes inflamed.

3 If our immune cells confuse gluten with a pathogen (an agent of disease) the body will attack itself.

Top alternative: Quinoa. Technically a seed, quinoa actually looks and tastes like a grain. Naturally gluten free, it doesn't cause bloating and contains essential amino acids. A bowl will curb your appetite for a while.

Recipe. Gluten, sugar and dairy free Polenta Pizza

1 Bring 1 litre of water to the boil and add the bouillon powder. Reduce the heat and slowly pour in the polenta whisking all the time until blended. Reduce the heat to its lowest setting add half the lemon zest and juice, 4 of the crushed garlic cloves, the thyme and a good pinch of salt and pepper and gently cook, stirring occasionally for about 45 minutes or until the polenta pulls away from the side of the pan and is very thick.

2 Meanwhile, bring another pan of water to the boil. Add 1 teaspoon of salt and boil the chard for about 3-4 minutes until the thick part is just tender. Remove, drain and season with some salt and oil (don't forget to stir the polenta). Heat two tablespoons of oil in another pan over high heat. Fry the mushrooms for about two minutes. Add 1 of the crushed garlic cloves and stir for 30 seconds to release the garlic flavour. Transfer to a bowl, toss with the parsley and season with salt, the remaining lemon zest and juice and some olive oil. When the polenta is ready, transfer to baking sheet and spread out to a thickness of about 2 cm. Cool for 30 min.

3 Preheat the grill. Scatter mushrooms and chard on polenta. Crack an egg in the middle and grill until egg is cooked. Pull leaves off the marjoram stalks and chop finely. Mix with the last crushed garlic clove and mix with oil to form a loose marjoram oil. Remove the polenta from the grill, and drizzle with the oil.

Ingredients

Serves 6
Cooking time: 1 hr 30 min (approx)

- 2 teaspoons of bouillon stock powder
- 200 g polenta
- Grated zest and juice of 1 lemon
- 6 garlic cloves, crushed sea salt and ground black pepper
- 1 tablespoon fresh thyme leaves
- 1 head of Swiss chard
- Extra virgin olive oil
- 200 g girolle mushrooms
- 1 tablespoon freshly chopped parsley
- 1 egg
- Bunch of fresh marjoram

An investment that's right as rain

Where can I get a rain barrel?
-Brent of Victoria

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

Rain barrels can be purchased from your local hardware or garden store. In fact, the Capital Regional District's website has a complete list of rain barrel retailers in the Victoria, B.C., area under the Water Services section. You can also search the classifieds, in print or online!

It's a worthy investment. They can cost over $250, depending on the size and manufacturer.

Price also depends on the added bells and whistles, such as filtering systems, spigots and mosquito-proofing measures.

But before you buy, check to see if your city offers a subsidy or distributes rain barrels to residents.

Did you know that more than 40 per cent of residential treated drinking water is used to water lawns and gardens?

Collect rain water on your property to reduce the waste of potable water, especially during the drier summer months.

Benefits of rain barrels

- Rainwater harvesting can reduce storm drainage load, including reducing the chance of basement flooding.
- Direct water away from your home's foundation.
- Provide naturally softened and chlorine-free water — excellent for delicate houseplants, cleaning the car and window-washing.
- Reduce your water bill.

Additional tips

- Select a rain barrel size that will hold most of the rain that comes off your roof. You may need to buy one for each downspout to be sure.
- Install the rain barrel on a level surface (it can weigh up to 545 kilograms when full), even elevating it with paving stones to take advantage of a gravity feed.
- Make your barrel mosquito-proof by adding a lid to it.
- Maintain your system by clearing roofs and rain gutters of debris, cleaning any screens in the tank, and occasionally removing the sediment by draining and cleaning the tank.
- Don't drink the water!

Harvesting rain water has a long list of benefits. ISTOCK IMAGES

MENSON CONSTRUCTION MATERIALS
STARTING AT $199
THE GRANITE SUPERSTORE
We offer the most granite countertops edges & finished! Ready to install, all you need to do is pick your colour!
*While supplies last, Custom cutting extra.
GRANITE GALORE
Many new pieces to choose from*
*While supplies last, Custom cutting extra.
CHERRY SERIES KITCHEN CABINETS
OAK SERIES KITCHEN CABINETS
THE GRANITE KITCHEN SUPERSTORE 1016 ST. JAMES STREET AT ELLICE 775-4792

metro

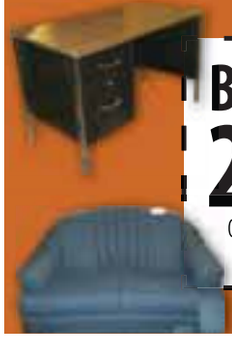
BACK TO SCHOOL

Thursday, August 30, 2012

INSIDE: Latest gadgets to help you pass the grade, making tasty lunches, style trends, and much more!

ISTOCKPHOTO/THINKSTOCK

SHOP! For great Back to School and household items at fantastic prices!



BRING THIS COUPON TO GET 25% OFF ONE ITEM.

ONE PER CUSTOMER. VALID ONLY ON AUG 30TH - SEPT 1ST, 2012.
SOME EXCEPTIONS MAY APPLY

MCC FURNITURE THRIFT STORE

18 Keewatin Street, Winnipeg, MB
(one block north of Notre Dame Avenue)

204.694.3669 • mccfts@shaw.ca • mccfurniturethriftstore.com

Hours: Mon. to Wed., Fri. & Sat. 10am to 5pm,
Thurs. 10am to 8pm - closed Sunday and holidays

Wireless & paperless

Computers and tablets. Top selections to stay on top of your studies this school year

Apple iPad — $519 and up.

Asus Transformer Pad — $369.

MIKE YAWNEY
For Metro

Computers and tablets are quickly replacing pens and paper in the classroom. In fact, some schools are now making them a requirement. Here are some of the best picks for your student heading back to class.

Samsung Series 9 Ultrabook — $1,499

Samsung's Series 9 ultrabook is designed to impress. This new breed of laptop sports a beautiful sand-blasted aluminum finish and is only 0.6 inches thick. You will never miss taking notes at the start of a lecture again as it holds the record for the fastest start-up time of any laptop at just 8.4 seconds.

MacBook Air — $1,029 and up

Backpacks are heavy enough without weighing them down with a hefty laptop. Apple's MacBook Air lives up to its name as it weighs only 2.38 pounds. Next-generation Flash storage means there are no moving parts so your laptop remains quiet while in class. The MacBook Air also features aThunderbolt port along with two USB 3 ports to ensure ultra-fast data transfers.

Nexus 7 Tablet — $209 and up

When it comes to tablets, cheaper isn't always better, but somehow Google has managed to create a high-performance device that's easy on the wallet. This tablet, co-developed with Asus, features a Tegra 3 quad-core processor that results in incredible performance. The Nexus 7 has a seven-inch screen so you can easily hold it with one hand. You will also have tens of thousands of apps to choose from through Google Play.

Asus Transformer Pad — $369

Designed for those who aren't completely sold on the idea of a touch-screen tablet. This HD tablet can be snapped into an optional keyboard dock, turning it into a laptop. The top-notch quad-core processor ensures quality performance while providing a stellar 15-hour battery.

Apple iPad — $519 and up

You can't deny the clarity of the new iPad's Retina display. With one million more pixels than your HDTV, text is crisp, clean, and easy to read, just as if you were reading a paperback book. With more and more educational institutes making courses available through iTunes U, the iPad is an easy choice for students looking for a premium tablet.

HP Omni 27 — $1,299

All-in-one computers are quickly becoming the popular choice since they take up less space than traditional tower style computers. The HP Omni features a whopping 27-inch screen that can be wall mounted to give you more space on your desk. The wireless keyboard and mouse keep your work area nice and tidy. This computer also features Beats audio stereo speakers plus HDMI port and an optional TV tuner so you can use it for both homework and entertainment.

Clockwise, from top, MacBook Air — $1,029 and up, Samsung Series 9 Ultrabook — $1,499, HP Omni 27 — $1,299, and Nexus 7 Tablet — $209 and up.

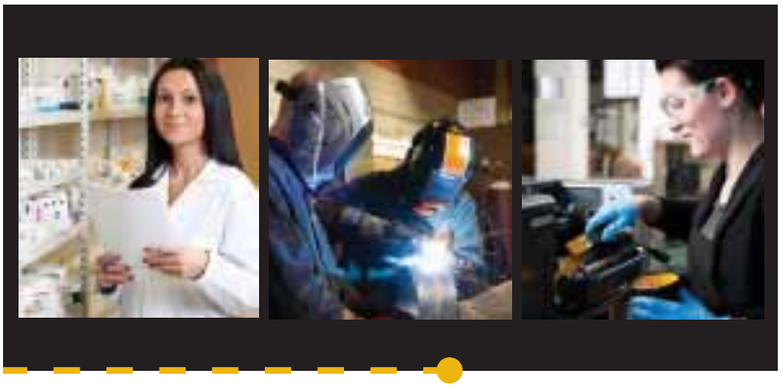
RISING STAR ACADEMY OF ARTS
Music and Dance Classes for All Ages

Tired of running between activities?
Join hundreds of families that are saving hours each month by scheduling Music or Dance classes for different children at the same time.

Call us today
to see how we can help you save time in your busy schedule.
204-669-2369
www.risingstaracademy.ca

REGISTER NOW

Angelina Ballerina Dance Academy™ at Rising Star Academy of Arts



ACCELERATE YOUR FUTURE

We're excited to welcome students to our **brand new campus** at 7 Fultz Boulevard, and **upgraded campus** at 130 Henlow Bay. Featuring:

- Ample classroom and workshop space
- State-of-the-art technologies and facilities
- Brand new Student Success Centre

www.wtc.mb.ca

Winnipeg Technical College

The kids and their pumped up kicks

Fall footwear. The right pair of shoes are a simple addition to add flair to your outfit

STEPHANIE ORFORD
For Metro

Sometimes the difference between an OK outfit and a great one is as simple as a pair of shoes. For kids, the right pair of shoes is a simple addition that gives girls and boys the opportunity to play with fall trends for adults.

"We are definitely seeing an influence from adult trends translate to kids footwear," said Victoria Kirk, spokesperson for Gap Canada.

The mood of the season is collegiate inspired, she said. For kids, that means preppy blazers, cardigans and plaid shirts, and the shoes that go with them.

"There are plenty of prints and colours out there — and an unwritten rule that you can create your own style by putting together your favourite pieces and finishing off the look with your best accessories. Shoes are such a great way to make a style statement," said Kirk.

Left, Girls Fringe Boots, $32.94, available at Old Navy, oldnavy.ca, Girls Suede Military Boots, $54.95, available at GapKids, gap.com.

Girls Stripe Print Pop Kicks, $17.94, left, Girls Glitter Sneakers, $19.94, both available at Old Navy, oldnavy.ca.

Here are her top footwear recommendations for boys and girls this fall.

Girls — Ballet Flats

These have been around for a few seasons, and they are popular for a reason. There is so much you can do with them! This fall at GapKids, ballet flats come in fun fabrics and finishes, like metallics, as well as with embellishments such as bows.

Girls Bow Sparkly Flat, $32.95, left, available at GapKids, gap.com, Girls Peace Print Pop Kicks, $17.94, available at Old Navy, oldnavy.ca.

Girls — Sneakers

This season, sneakers are following in the footsteps of ballet flats. They are soft, light and dainty, but they also come in a host of patterns that are not as modest, a far cry from the standard basic.

"At Old Navy we are seeing plenty of fun fashion sneakers in stripes, polka dots, tie-dye and even sequin slip-ons," said Kirk.

Girls — Booties

Boots with a low rise will help keep feet warm this fall — and they look cute paired with skinny jeans or leggings. GapKids has a suede military-style version for fall.

Boys — Desert And Chukka Boots

These are booties for boys. They rise low on the leg and look best paired with narrow-cut jeans. Desert boots are a prime example of adult style trickling into kids' fashion trends, said Kirk. "The comfort and ease of this style is definitely what appeals to boys," she said.

Boys — Oxfords

These classic leather shoes call to mind English prep school. The Gap's updated version in grey pairs well with khakis or jeans.

Boys — Fashion Sneakers

These are a school must-have for boys throughout the year. This season, they are arriving in bright colours and prints.

From top, Boys Desert Boots, $36.95, Boys Chukka Boots, $29.95, Boys Uniform Oxfords, $36.95, Boys Contrast High-Top Sneakers, $29.95, all available at GapKids, gap.com.

RBC Royal Bank

STUDENTS
WIN* $1,000
EVERY DAY.

Get an eligible student bank account, credit card or line of credit to enter^.

rbc.com/daily1000

Advice you can bank on™

™

* No purchase necessary. Contest runs from July 3, 2012 to September 30, 2012. Weekly draws begin July 6, 2012. Winners will be announced starting on July 11, 2012 and throughout the Contest Period. Correct answer to skill testing question required. For full Contest rules and how to enter without purchase, please visit rbc.com/rules. ^ Eligible products include the RBC Student Banking® account, RBC No Limit Banking for Students® account, any RBC Royal Bank® credit card with a valid graduation date, and the Royal Credit Line® for Students. Credit cards are subject to credit approval. Personal lending products are provided by Royal Bank of Canada and are subject to its standard lending criteria. Some conditions and restrictions apply. To get a list of eligible credit cards for students, please visit: www.rbc.com/studentcards.
® / ™ Trademark(s) of Royal Bank of Canada. RBC and Royal Bank are registered trademarks of Royal Bank of Canada. VPS68959

Always connected

MIKE YAWNEY
For Metro

Talk, text, and post pictures to Facebook. Sound familiar? Yes, smartphones and cameras make wonderful back-to-school gifts for the student in your life. Here are a few of the best devices to send to the classroom this fall.

Samsung Galaxy SIII — $159.99 (with contract).

iPhone 4s — $99 (three-year contract)
A smartphone that's easy on the eyes, literally. The high-resolution Retina display has such a high-pixel density, the human eye can't distinguish individual pixels, which means no eye strain. An ultra-fast processor ensures top performance while surfing the web or using any one of the more than 500,000 apps in Apple's App Store. The perfect phone for work and play.

HTC One X — $79.99 (three-year plan)
This Android smartphone has a lot going for it. An eight-megapixel camera let's you document student life without lugging around a bulky digital camera. Audiophiles will love the high-end sound from Beats Audio built right into the phone. Let's not forget about the 4.7-inch HD screen that allows you to watch movies in their full cinematic glory. That is, of course, once your homework is done.

Motorola Defy Pro — $0.01 (with contract)
Accidents happen. They just seem to happen to some more than others. The Motorola Defy Pro can handle spills, dust, scuffs and scratches, and features a full qwerty keyboard. The best feature may be its battery, which can handle 12 hours worth of talk before needing a charge.

Samsung Galaxy SIII — $159.99 (with contract)
The hottest Android phone of the summer. This phone has all the bells and whistles. It will respond to your voice and will even monitor your eye movements so it never goes to sleep while you are looking at it. Have a friend who uses a Galaxy S3? Simply touch your phones together to transfer photos, music and videos.

Pentax Optio WG-2 — $349.95
Rough and rugged, this 16-megapixel camera can dish out even the toughest punishment from the most careless student. It's dust-proof, waterproof, shockproof, and crush-proof. What's most impressive is its ability to take photos in macro mode from as close as one centimetre away, plus a digital microscope mode that allows for images of magnified objects.

Panasonic Lumix ZS20K — $399.99
A camera that's ready when you are. Light Speed Auto Focus allows this camera to focus in 0.1 seconds so you will never miss a moment of campus life. Not only does this 14.1-megapixel camera feature 20x optical zoom, it also has a special nano coating on the lens to block reflected light to prevent ghosting and unwanted flares.

Canon Powershot G1 X — $799
A 14.3-megapixel camera for students who expect more out of their photos. The GX 1 features an extra large CMOS sensor, roughly six times the size of that found in the Powershot G12, allowing more colour fidelity and sharper low light images. It's certainly not cheap for a fixed-lens camera, but its performance outshines other cameras in this category.

Clockwise, from top, Motorola Defy Pro — $0.01 (with contract), iPhone 4s — $99 (three-year contract), HTC One X — $79.99 (three-year plan), Panasonic Lumix ZS20K — $399.99, Canon Powershot G1 X — $799, Pentax Optio WG-2 — $349.95.

UWinnipeg Ballroom Dance Club

What's your ADDICTION?!

Brought to you by:
WPG Dance Addiction

Learn how to dance
· Rumba · West Coast Swing · Mambo
· Chacha · Samba · Waltz
· East Coast Swing · Foxtrot · Tango

16 Weeks of Classes
$50 per Student
$90 per Non-Student

Classes will be held at:
Duckworth Centre
400 Spence St.

"Like" us on facebook - http://www.facebook.com/UWinnipegBallroomDanceClub

Classes start September 9th
Sunday evenings starting at 4pm
Registration begins in August

For more info, contact:
wpgdanceaddiction@hotmail.ca

Gain the skills Winnipeg Employers Want!

Network Engineering Program. Get MCSE Server 2003 Certified.

why Robertson?

- STUDENT LAPTOP PROGRAM
- CONVENIENT START TIMES
- HANDS-ON LEARNING
- CAREER SERVICES
- FINANCIAL AID TO THOSE WHO QUALIFY

scan QR code for more info!

classes start soon!

204.800.7933
www.robertsoncollege.com

ROBERTSON COLLEGE

Healthy stomach leads to healthy mind

Fresh lunch ideas means your child will probably eat what you give them, rather than throwing it away or trading it with other students. HEMERA/THINKSTOCK

ASTRID VAN DEN BROEK
For Metro

What to pack for lunches this school year?

If your child keeps coming home with containers full of sandwiches, maybe it's time to switch things up.

Lianne Phillipson-Webb, a registered nutritionist and founder of Toronto-based SproutRight, shares her fresh lunch ideas.

Think Outside The Sandwich

"Even if it's a wrap or filling a pita, you want to have balance in what you pack between carbs and protein so your child has energy during the day," says Phillipson-Webb. "So you could fill with tuna, egg or meat. To keep it from going soggy, if you thinly spread butter or mayonnaise it acts as a barrier."

Play With Your Fillings

Combine two sure-fire kid-friendly foods such as grated cheese and grapes. Or Tahini (sesame seed butter — check with your school first to see if it's allowed) and a banana inside the wrap.

Try A Different Wrap

Steal a page from fresh spring rolls and try rice paper wraps. "You just have to make the paper wet and fill it with vegetables, tofu, avocado, mango, pineapple, noodles — whatever you like," she says.

Or Try A Brand New Filling

Such as pressed cottage cheese. "It has more protein than a cream cheese and if you want to sweeten it up, you could spread a fruit jam on it," she says. Look for it in the dairy cooler in the supermarket.

No need to throw out that lunch bag anymore

Forget the brown paper bag. Today's bags focus on being reusable and washable. Here's what's hot in lunch bags.

Matchy-matchy: Many retailers are pairing lunch bags with backpacks, both featuring the same design.

Bright and colourful: Hot colours in lunch bags include hot pinks, oranges, yellows and blues for girls and bright reds and blues for boys.

Going old school: Not all lunch bags are of the zip-top, insulated interior kind.

Metal flip-top lunch boxes featuring superheroes such as Superman and Batman are also popular.

Grown-up lunch boxes: "For the more mature students we have Elle lunch bags that come in a wide variety of colours and sizes and they look almost like a small carrying bag," says Steve Grebenc, a general manager for a west-end Toronto-based Staples Canada. "Some of them come with utensils as well. And for patterns, stripes are popular and prints such as circles and squares on them."

Lunch bags, $9.97 each, available at Walmart, walmart.ca.

Lunch-packing tips

Metro also asked moms via social media to share their best lunch-packing tips.

- Invest in a good thermos so you can pack them leftovers of pasta, chili, soup, etc.
  – KADI KALJUSTE (VIA TWITTER)
- My son likes an "invisible sandwich" —thick slice of cheddar with deli turkey slice wrapped around the outside. Better than a cheese string!
  – SHARON PORTER DONALDSON, VIA FACEBOOK
- Make muffins with lots of hidden veggies and freeze. Take loaf of bread make sandwiches immediately. (Ham and cheese/turkey whatever). Repackage in bread bag and freeze. Take one out and pack in lunch and it's defrosted by lunch. And get kids to make their own lunches — they eat more that way.
  – CHERI MCNEIL, VIA FACEBOOK
- My daughter won't eat sandwiches so I have a large square Tupperware that I use to make unstructured ones. I put in a pita, cut up tomatoes, lettuce and turkey and somehow, she enjoys it that way.
  – DANA DOUGHERTY REINKE, VIA FACEBOOK

Looking for work?

Resumes • Interview Skills
Job Search Skills

FREE JOB SEARCH ASSISTANCE 204.925.3490

Now Open at 300 - 294 Portage Avenue, Winnipeg, Manitoba • www.ofe.ca

Funding provided by:
The Government of Canada The Manitoba Government

Back to School Special
2 TOPPING 12" MEDIUM PIZZA for $14.99
Valid for take out and delivery only.
SPECIALS ALL DAY LONG FOR UNDER $10 MON. TO THURS.
Valid for Dine-in only.
Pembina Village RESTAURANT
333 PEMBINA
CALL US AT 477-5439
JOIN US FOR FOOD EXPERIENCES YOU DON'T WANT TO MISS!

ALUMINUM SOUND
DVD MOVIE SALE:
5 for $20 (Or 4.99 each)
"Over 300 titles to choose from"
T-shirts, Posters, Buttons, Hats, Postcards, Stickers, Belt Buckles, and much more...
251 VAUGHAN ST.
(204) 956-4340 (across from the Bay)

Making student life easier

MIKE YAWNEY
For Metro

Technology plays a role in all of our lives, and the student is no different. Here is a look at some of the best high-tech accessories for back to school.

Epson Stylus NX430 Printer — $99.

Epson Stylus NX430 Printer — $99

Scanner, copier and printer combined into one stylish machine. Epson's affordable all-in-one printer is completely wireless and remarkably small. Preview, edit and print photos from the 2.5-inch LCD display or enable Epson Connect so you print from your smartphone or tablet. It's also whisper quiet so you don't have to worry about waking up the dorm mate — if you are unfortunate enough to have one.

Lenovo ThinkPad USB 3.0 Secure Hard Drive — $199

Keep your assignments backed up and secure with this unique hard drive. Choose a pin between eight and 16 numbers and then relax knowing your data is being protected by 256-bit AES encryption. Not only does the hard drive have a rubberized coating to ensure it won't slide off your desk, it's wear-resistant to make it next to impossible to determine which keys are pressed the most.

Seagate GoFlex Satellite — $199

It may look like an ordinary portable hard drive but the Seagate GoFlex Satellite holds a hidden feature; you can wirelessly stream media to your tablets or smartphones. Movies, music, even documents can be streamed to up to eight devices at the same time. A must-have for those who want additional storage on their mobile devices. It can also be used as a backup drive for your laptop.

Clockwise, from top, Lenovo ThinkPad USB 3.0 Secure Hard Drive — $199, Mophie Juice Pack Powerstation — $129.95, Cocoon Backpack — $49.99, Jawbone JamBox — $199, Rogers LTE Rocket Hub — $279 no contract.

Cocoon Backpack — $49.99

Keep your backpack neat and tidy this school year. Cocoon backpacks feature the Grid-it system, a mat of woven elastic straps designed to wrap around your pens, cables, and chargers to keep them from cluttering up your backpack.

Jawbone JamBox — $199

For those who want incredible audio on the go. No wires, no docks, this tiny rechargeable speaker connects to your smartphone, tablet, or computer via Bluetooth. Listen to music, movies or even phone calls without having to worry about cables or docks. Don't let its small size fool you. It may be small enough to fit in your hand, but the sound quality is second to none. Perfect for small dorms, bedrooms or apartments.

Mophie Juice Pack Powerstation — $129.95

Smartphones and tablets aren't much use when their batteries are dead. This rechargeable lithium-ion polymer battery pack can connect to virtually any USB device to quickly deliver a charge. The special rubber housing protects it from falls, dust and water, while a six LED light indicator lets you know how much juice is left.

Rogers LTE Rocket Hub — $279 no contract

High-speed wireless Internet just about anywhere. Up to 15 devices can connect wirelessly to the Rocket Hub. The Rocket Hub runs on the 2,600 MHz LTE spectrum, which is the fastest available providing speeds up to 100 Mbps under ideal network conditions. Just like a smartphone, a data plan is required.

AIR CADETS
LET YOUR CHILD TAKE WINGS!!!
WE'VE GOT 70 YEARS OF EXPERIENCE
HELPING THEM TO DO THAT!

191 RCACS Air Cadets

How often in today's society do we hear that children are bored or have nothing to do? Or when they do find something that interests them, such as hockey, soccer, etc., then some of these programs can be well out of reach of the ordinary family's pocket, especially if there is more than one child involved.

Well 191 RCACS West Winnipeg Rotary Air Cadet Squadron would like to offer you a solution – let them join the Air Cadets!!

The aim of this long standing organization is to develop in youth between the ages of 12 and 18 years, the attributes of good citizenship and leadership, promote physical fitness and to stimulate interest in the aviation and aerospace industry which includes the air element of the Royal Canadian Air Force. All of this is done in a challenging yet disciplined environment.

191 RCACS is just about to enter its 70th year of service offering both young men and women the opportunity to take part in such activities as gliding, powered flight, biathlon, marksmanship, survival, drill and band to name but a few and all of this at no cost to themselves or their parents. Cadets also have the opportunity to take part in summer training camps and, believe it or not, when a cadet goes to one of the many camps offered, either nationally or internationally, not only is all the travel and accommodations paid for but the Cadet actually gets paid for their attendance. Now that has to be a good deal, don't you agree?

There is NO COST to join the Air Cadet Program. ALL training and uniforms are provided and each and every cadet has the opportunity to take part in any or all of these activities.

It should be noted that Cadets are Civilians! They are not members of the military and are not expected or required to join any part of the Canadian Armed Forces, however, it is a little known fact that one in five private pilots in Canada and 67% of commercial and airline pilots began their careers as Air Cadets. Having a resume that reflects that someone is/was an Air Cadet is respected by a great many future employers.

191 RCACS parade every Friday evening from 6:30 p.m. – 9.30 p.m. at our new location at **Oak Bluff Recreation Centre, Oak Bluff, Manitoba**, just west of the perimeter off of McGillivary Blvd., and we will be starting our 2012/2013 training program on Friday, September 7th.

Registration of new cadets will be held at 6:30 p.m. on Friday, September 14th.

If your son or daughter is between the ages of 12 and 18 years of age and would like more information about 191 RCACS please contact us at 191rcacspa@gmail.com or visit our website at www.191rcacspa.ca

We look forward to meeting you.

Catch those zzzz's to earn the A's

Study. Inadequate sleep, or poor sleep patterns, can impact your performance in the classroom

Teenagers who fail to get enough sleep could find there is a trickle-down effect from the bedroom into the classroom.

Inadequate sleep, the effect on the brain and the resulting behaviour of adolescents was in focus at the annual meeting of the Associated Professional Sleep Societies in June. The presentation was led by neuropsychologist Dean Beebe, whose research explores the impact of sleep restriction on teens.

Part of his study involves a simulated classroom and having kids watch educational videos while rested and while sleep-deprived. They were also quizzed afterwards and had their behaviour filmed.

While there are individual differences, Beebe said, as a group, researchers observed much better attention and mood when kids are well-rested versus when they are sleep-restricted.

"We see poorer attention on computerized tasks and we see less attentive behaviours in this simulated classroom. And the fallout from that is quizzes that we give at the end, there's a significant difference in performance on those as well," said Beebe.

"And again, we're not comparing Johnny to Billy; we're comparing Johnny in one condition to Johnny in another condition."

Beebe said the average sleep duration for teens on school nights is around seven hours, while clinical recommendations are at about nine hours.

For older children who stay up later on weekends and have earlier bedtimes during the week, the transition represents a "really hard time shift," said registered occupational therapist Jennifer Garden.

"It's like flying to Toronto from Vancouver and then coming back to Vancouver two days later," said Garden, founder of Vancouver-based Sleepdreams, which specializes in sleep consultations for children.

"If you're going to bed at 11 one night, and then 11 the next night, and then you've got to get to bed for eight because you've got to get up earlier, that really sends your circadian rhythms — and your body — into a bit of a tailspin," she said. "It's really, really tough for those kids."

Significant drop-off

"We see poorer attention on computerized tasks and we see less attentive behaviours in this simulated classroom. And the fallout from that is quizzes that we give at the end, there's a significant difference in performance on those as well." Dean Beebe, neuropsychologist

Beebe, associate professor of pediatrics at Cincinnati Children's Hospital Medical Center and the University of Cincinnati College of Medicine, said biology does appear to play a factor in sleep.

A person's circadian rhythm — driven by the body's biological clock — does tend to trend later in adolescence than in younger childhood.

"In addition to that, we just live in a society where the opportunities and the pressures to stay up later are fundamentally different than they were even a decade ago," he said.

The wealth of entertainment and communications options available to kids, compounded with juggling after-school activities and hours of homework, combine to push bedtimes later, he noted.

Still, Beebe said it's important that parents enforce set bedtimes and have a wind-down period during the evenings when screens are being turned off. He also said parents should be mindful of how much caffeine their kids are consuming.

"Generally speaking, it's not a good idea to have much caffeine past lunchtime; and even at lunchtime, you should probably not be having those multiple energy drinks." THE CANADIAN PRESS

CALL US TODAY
Let Herzing College be your guide to a career
That Makes a Difference
HERZING COLLEGE
1-866 NEW CAREER
1-866-(639-2273) 723 Portage Ave

Nutrition. Let kids be part of the process of choosing lunch

Making lunches for their school-age children seems to be the bane of most parents' existence. But packing nutritious food that kids will eat doesn't have to be mutually exclusive.

Registered dietitian Shannon Crocker finds herself in the same boat as many parents with two young sons of her own, one of whom is a picky eater.

"One of the biggest complaints that I hear from parents in the school year is the kids don't eat their lunch," Crocker said in an interview from Ancaster, Ont.

"They don't eat their sandwiches, they send back their fruit, and so for me it's all about trying to come up with very simple ideas that the kids will actually eat that are still pretty good for them," says Crocker, 44, who has been a dietitian for 18 years. She has focused for the last dozen years on school and childhood nutrition.

"I'm a big proponent of making sure it's nutrient-packed food because if they're only going to get a chance to eat a little bit it better be something that's pretty good, that's going to give them the energy they need to get through the rest of the day and the nutrients they need to fuel their brain."

She recommends a snack-style lunch, made up of types of food that can be packed in small reusable, unbreakable containers. An ice pack should be included to keep foods cold.

Cheese slices, whole-grain crackers and cucumber slices can be stacked or eaten separately. Other picks are whole-grain "fishy" crackers, carrots and leftover grilled chicken.

Leftover homemade chicken fingers made for dinner can be taken cold for lunch. Add a tortilla or pita, some grated cheese and kids can make a wrap.

Sandwiches are tricky, Crocker notes. Many schools won't allow peanut or almond butter and not all kids like eggs or tuna. As a dietitian she doesn't recommend many highly processed deli-style luncheon meats. Home-cooked turkey, chicken and roast beef are better choices.

For variety, try different breads — whole-grain sliced bread, whole-wheat pita or a multi-grain roll.

Kids may only have time to take a few bites of a whole apple, so slice it ahead of time. Pack the slices, grapes or orange segments in containers so they don't get squashed.

Kids love dips. A dip for vegetables can be as easy as some bottled salad dressing. Or whip one up on the weekend and pack it in little containers in the fridge.

To team with fruit, a dip can be as simple as purchased fruit-flavoured yogurt. Or add a splash of vanilla to Greek-style yogurt with a bit of honey or brown sugar.

Rather than buying chewy granola bars topped with icing or containing caramel or chocolate chips, she prefers making healthy snacks so she can control the portion sizes and ingredients.

There are many recipes for easy no-bake squares that don't include nuts or peanut butter, which are forbidden at most schools, she says. Make them on the weekend, cut them up and freeze them, then pop them into lunches.

Another option is homemade mini muffins made with whole-grain flour and oatmeal.

For kids who like crunch in their lunch, Crocker suggests homemade snack mix. She puts out ingredients like whole-wheat cereal squares, dried fruit, popcorn and seeds if there are no allergies.

"Kids can make up their own munchie mix. The kids really enjoy it because they can tailor it to themselves and they feel like they're having fun, but as a mom and as a dietitian you know you're giving them something good, so you can feel good about it, too."

Advance preparation on the weekend can make getting lunches ready during the week a lot easier. Chop up veggies and fruit, make dip and chicken fingers, and store them in the refrigerator.

"The kids can go to the fridge with their little reusable containers and dish out their own veggies and put their own fruit in little cups and that can really help a lot for parents to take off some of that pressure. We're all pretty busy.

"Getting the kids involved not only helps you as a parent, but they may be more likely to eat it as well because they've got a bit of vested interest in that 'I made this. I put this together. This is what I wanted in my lunch.'

"And as long as you as the parent is making sure that those choices are healthy options for them to choose from, then it's all good."

THE CANADIAN PRESS

For variety, try different breads to make lunch more interesting for your children. JUPITERIMAGES/BRAND X PICTURES/THINKSTOCK

Pre-K to Grade 12 | Reading | Writing | Math
SAT/ACT Prep | Study Skills | Homework | French

Head back to school with Oxford Learning on your team

School is like a sport—and like any sport, kids need a good coach to help them succeed. Oxford Learning is your kids' school coach: we encourage them to think actively, study smartly, and get better grades, not just for back to school, but all year long.

Get on the winning team with Oxford Learning.
Call today, or visit oxfordlearning.com

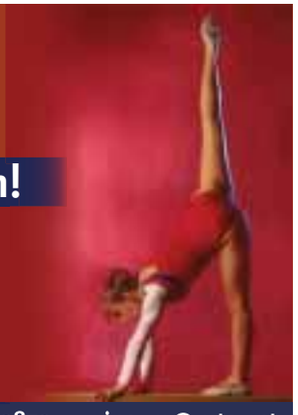
OXFORD LEARNING

Winnipeg 204.944.0898
3025 Ness Ave,
Winnipeg, MB, R2Y 2J2
winnipeg@oxfordlearning.com

WINNIPEG GYMNASTICS CENTRE
1249 Clarence Avenue off Waverley

Registration Has Begun!

- Recreational Classes
- Women's & Men's Pre-Competitive
- Women's & Men's Competitive
- Pre-School Classes
- Birthday Parties



For more information and to register: 475-9872 wingym@mts.net
www.winnipeggymnasticscentre.com

custom music lessons

CUSTOM MUSIC LESSONS

Guitar, Bass, Piano, Drums & Vocal Instruction

We offer regular full time lessons or try our 2 month trial

In-Home Lessons Available

Mention this ad and receive last years rates.

Contact us at: 204-298-8777 204-989-2223
custommusiclessons.com **Email:** info@custommusiclessons.com

Left, jacket, $34.95; right, sweater, $17.95, skirt, $19.95, and beret, $14.95, all available at H&M, hm.com/ca/. H&M PHOTO

Left, cardigan, $24.95, shirt, $12.95, trousers, $24.95, shoes, $29.95; middle, cardigan, $24.95, trousers, $17.95, shoes, $29.95, cap, $7.95; right, polo shirt, $12.95, denim trousers $19.95, all available at H&M, hm.com/ca/. H&M PHOTO

Bold patterns, prints

Young fashion. Three clothing trends for kids 12 and younger to wear back to school

STEPHANIE ORFORD
For Metro

Alongside that new box of felt pens and crisp new stationery, new clothing in bold patterns and prints will inspire kids 12 and younger to start the school year, according to Karen Richter, showroom manager for H&M Canada.

H&M's line for kids is an adaptation of what the Swedish clothing giant is doing for adult clothing this fall, she explained.

"There is a tendency for many adult fashion trends to trickle down into the kid's collection," she said. "There are often many mini-me pieces in our kids collection."

At the same time, H&M's kids' offerings alter the adult fashion trends by amping up the colours and patterns and incorporating fun textures like corduroy, velvet and faux fur.

Here are three trends H&M is doing this fall for the younger-than-12 set.

Anglomania

The Anglomania trend is clean and sharp, giving off a put-together feel with a hint of English eccentricity.

For girls, this means mixing and matching checks, florals and stripes. Knits are also essential. Cable and Fair Isle-patterned knits add colour and texture, and look best in British tomboy style — worn with a roomy fit.

Boys' clothing encourages similar mixing and matching with bold argyle pieces, checks, block stripes and prints such as dots or skulls.

Mixing prints and pairing unexpected colours is key.

Preppy Style

Prep is clean and classic. It never really goes out of style and provides neutrals to pair with bolder pieces. This fall's staples include blazers, chinos and collared shirts. Stripes and vintage-style prints lend a nautical feel to both boys' and girls' pieces.

The Wilderness

This is a more casual, on-trend look. Girls' clothing takes inspiration from the Wild West, folklore and Santa Fe, incorporating colourful, geometric prints that reference traditional Native American blankets. Include heavy knits for a rustic edge, and bold colours to modernize the look.

Boys' clothing takes the trend in a slightly different direction, using sporty details to give a feeling of outdoor adventure. As with the girls' version of this trend, colours of nature are mixed with bold, artificial brights.

As the mercury falls, a good coat and other cover-ups will become essential. Wrap up and stay warm in lots of easy layers of wool, corduroy and fleece.

"It's important to parents that kids' clothes are affordable, functional, comfortable, and easy to co-ordinate, but still fun and fashionable to keep children happy," Richter explained.

PULSE NIGHTCLUB AND LOUNGE

FEEL THE PULSE

coming soon VLT's BIG SCREEN TVs POOL TABLES

GUYS SHOW YOUR STUDENT ID AND PAY NO COVER ON THURSDAY'S LADIES NIGHT LADIES GET IN FREE

LATINO LONG WEEKEND FIESTA
Featuring: OSCAR & HIS GRUPO SABOR on FRIDAY, AUG. 31ST & SUNDAY, SEPT. 2ND
And YOSLAI DE LA ROSA on SATURDAY, SEPT. 1ST playing salsa, merengue, timbay & reggaeton

DJ ON THE PATIO EVERY THURSDAY, FRIDAY & SUNDAY
MON-SAT 10am-2am SUN Noon-2am

Call for details: 204.475.9547 www.pulsenightclub.ca Visit our website for upcomig events.
423 MCMILLAN AVE @OSBORNE OPEN 7 DAYS A WEEK Serving Breakfast, Lunch, Supper & late night snacks.

All your supply needs

ASTRID
VAN DEN BROEK
For Metro

It's so easy to get caught up in back to school shopping, isn't it?

As Toronto-based Walmart Canada's Back to School Pulse Check report discovered, nearly 52 per cent of respondents noted they make multiple trips to multiple stores to shop for supplies and spend an average $190 per child.

So, what do you need to know for back to school shopping this fall? Metro asked some larger retailers to fill us in on top trends for kids and parents to stock up for school.

Licensing Is Hot

Think Angry Birds, boy band One Direction, Hello Kitty and superheroes of many colours feature prominently on a variety of school items. "Licenses are popular across the board from pencil cases to lunch bags to backpacks," says Carmelo Ragusa, senior category manager, stationary for Walmart Canada.

Personalized Is Popular

Whether it's buying pre-personalized items with their names on them or putting their stamp on their binders, kids want to leave their mark on their school supplies. "One trend we're seeing emerge is customization and personalization — so being able to doodle on your binder," says Ragusa. "There are binders out there right now that are doing really well where kids can do their own artwork on their binders with their own names and pictures."

All-In-One Kits

Steve Grebenc, a general manager for a west end Toronto-based Staples Canada, notes one of its popular sellers includes The Kit from Dudley, which features a dry erase marker and board, calendar, mirror, cork board with thumb tacks and a Dudley combination lock. This year retailers are packaging kits and deals that include a matching backpack, lunch bag, pencil case and sometimes even water bottle.

Top, Barbie and Cars backpacks, $10 each, notepads, $1 each, middle, four-piece backpacks, above, $8.44 each, all available at Walmart, walmart.ca.

Don't Forget Tech Accessories

For older students, tech accessories are fun as well — think USB keys with characters such as the Simpsons or Family Guy, or ear buds to listen to music while doing homework over lunch. Grebenc notes that ear buds are also having fun with design — Crayola's ear buds, for instance, look like a broken crayon is going through the wearer's head.

Watch For The Jungle

Jungle and animal prints continue to be popular on brightly coloured cases and binders — think zebra and other animal prints.

Jann Arden
October 1 , 2012 Manitoba Centennial Concert Hall
Also including Performances by:
Keith & Renée & Sagkeeng's Finest
Tickets $30.00 on sale now at www.allartsedmanitoba.org
The Creative Future Conference
October 2 , 2012 Manitoba Centennial Concert Hall
Conference Registration $125.00
On sale now at www.allartsedmanitoba.org

THE UNIVERSITY OF WINNIPEG
PROFESSIONAL, APPLIED AND CONTINUING EDUCATION
REGISTER FOR FALL COURSES
OVER 600 COURSES & SEMINARS AVAILABLE
FALL TERM BEGINS SEPT. 10
30 CERTIFICATE & DIPLOMA PROGRAMS
ENRICH YOUR LIFE
ENHANCE YOUR CAREER
Call (204) 982-6633 or visit
pace.UWinnipegCourses.ca

24 HOUR COVERAGE
For as little as $13 a year, your child is covered for all accidents at school, home or play.
Register Online
MANITOBA School Boards ASSOCIATION
StudentAccidentInsurance.ca
PHONE TOLL FREE: 1-800-665-8990
EMAIL: sai@westernfgis.ca

SPORTS 4

Clijsters bids farewell after loss at Flushing Meadows

Tennis. Four-time Grand Slam winner will retire after U.S. Open

Kim Clijsters' singles career ended where she wanted it to, just not the way she hoped.

The four-time Grand Slam champion lost 7-6 (4), 7-6 (5) to 18-year-old Laura Robson of Britain in the second round of the U.S. Open on Wednesday, and will head into retirement after she finishes playing in doubles at Flushing Meadows.

Clijsters walked away from the sport once before, returning after a 2 1/2-year hiatus in 2009. But now 29 and a mother, the Belgian insisted this season that she means it this time, and decided the U.S. Open — and its hard courts that she conquered on the way to three championships — would be her final tournament.

"It's the place that has inspired me so much to do well and to do great things. It's hard to explain sometimes why," Clijsters said in an on-court interview, her face flushed and her eyes welling with tears.

"This completely feels like the perfect place to retire," Clijsters told the spectators at Arthur Ashe Stadium, many of whom rose to shower her with a standing ovation. "I just wish it wasn't today."

The loss Wednesday ended Clijsters' 22-match winning streak in New York, encompassing titles in 2005, 2009 and 2010, plus Monday's first-round victory.

She missed the hard-court major in 2004, 2006-08 and last year, thanks to a combination of injuries and the time she took off while starting a family.

Her daughter, Jada, was born in February 2008. By August 2009, Clijsters was back on tour; unseeded and unranked, because she only played in two previous tournaments during her comeback, she won that year's U.S. Open.

"Since I retired the first time, it's been a great adventure for my team and my family," said Clijsters, who was 28-0 against players ranked outside the top 10 at the U.S. Open before Wednesday. "It's all been worth it. But I do look forward to the next part of my life coming up." THE ASSOCIATED PRESS

Wozniak ousted

Quebec's Aleksandra Wozniak lost 6-3, 4-6, 6-2 to No. 15 seed Lucie Safarova of the Czech Republic.

Kim Clijsters waves to the crowd after losing to Laura Robson on Wednesday in New York. Clijsters says she will retire after playing in the doubles tournament. AL BELLO/GETTY IMAGES

Cohon gets Grey Cup ready for wild ride

CFL commissioner Mark Cohon poses with the Grey Cup in front of the Grey Cup 100 Train in Toronto on Wednesday. MICHELLE SIU/THE CANADIAN PRESS

The Grey Cup will be riding the rails this fall.

Canada's biggest football prize is travelling across the country by train to celebrate the Cup's 100th anniversary.

Wrapped with photos of CFL players and historical images of Canadian football, the Grey Cup 100 Train features a museum car filled with memorabilia.

There is also a team car built to resemble a dressing room and one dedicated to the Grey Cup itself.

The tour will stop in more than 100 communities, including all eight CFL cities, as well as Charlottetown, Moncton, Halifax and Quebec City.

The Cup will also be transported to some communities not accessible by rail, including Iqaluit.

The train departs Vancouver's Pacific Central Station on Sept. 9 and will travel 4,100 kilometres. Its final stop is Nov. 17 at Toronto's Exhibition Station, just a week before the 100th Grey Cup game.

"Every year thousands of Canadians make a pilgrimage to the host city," CFL commissioner Mark Cohon said Wednesday as the train was unveiled at a rail yard in Toronto's west end. "Now we get a chance to bring the Grey Cup to Canadians across the country."

According to Cohon, the tour took two years to organize, including striking deals with Via Rail, CP and CN. THE CANADIAN PRESS

By the numbers

4,100

The Grey Cup will travel 4,100 kilometres across Canada before arriving in Toronto for the 100th Grey Cup game.

Mobile sports

Usain Bolt already has his eyes set on the 2016 Olympics, but the Jamaican sprinting star has some time to fill for the next four years. Bolt says his focus will be lowering his world-record times in the 100- and 200-metres and possibly adding long jump to his repertoire. Scan the code for the story.

Cycling

Armstrong refers to self as 7-time Tour champ

Lance Armstrong introduced himself as a seven-time Tour de France champion at a cancer conference in Montreal on Wednesday.

"My name is Lance Armstrong. I am a cancer survivor," he said to open his speech to the World Cancer Congress. "I'm a father of five. And yes, I won the Tour de France seven times."

Armstrong announced last week he would no longer challenge the U.S. Anti-Doping Agency's drug charges against him. USADA threw out his competitive victories dating to 1998, which would include all seven Tour wins. THE ASSOCIATED PRESS

Summit Series

"It is the highlight of my career."

Canadian hockey legend Ron Ellis in Toronto on Wednesday.

September marks the 40th anniversary of the 1972 Summit Series and Ellis along with several other players from the Canadian team will participate in events to mark the milestone in Canada and in Russia.

NHL

NHLPA to make counter-offer by end of the week

There is no new deal on the horizon in the NHL's collective bargaining talks.

One day after receiving a proposal from the league that commissioner Gary Bettman labelled "meaningful" and "significant," the NHL Players' Association made it clear Wednesday that it didn't share that view

The union concluded the proposal wouldn't actually see current contracts paid out in full.The union plans to deliver a counter-proposal by the end of the week.

With a Sept. 15 deadline for a lockout creeping closer, the calculation of hockey-related revenue has emerged as a sticking point. THE CANADIAN PRESS

Horoscopes

♈ Aries
March 21 - April 20
If you cannot seem to make up your mind about an issue that should be cut and dried by now just choose a path and follow it to whatever destination it leads. Ultimately all roads lead to where you need to go.

♉ Taurus
April 21 - May 21
If something that has been going smoothly comes to an unexpected stop today there is no need to panic. All that is happening is that you are being given a chance to reconsider your options. Make the most of it.

♊ Gemini
May 22 - June 21
You might be tempted to overlook someone's faults and failings today but only do so if it does not leave you at a disadvantage. It's good to be generous but some people just cannot be trusted. Wise up.

♋ Cancer
June 22 - July 23
Something you were enthusiastic about just a few days ago no longer seems like such a good idea, but don't walk away from it yet because the planets indicate it still has meaning and value. Give it more time.

♌ Leo
July 24 - Aug. 23
You may decide to let someone off the hook, even though they don't deserve it. The simple fact is you don't have time to chase or chastise them. Hopefully they won't be so stupid as to test your patience again.

♍ Virgo
Aug. 24 - Sept. 23
Something you are expected to do may not make a lot of sense but do it anyway and then forget it. If the powers that be say it's got to be done then trust them to know what they are talking about.

♎ Libra
Sept. 24 - Oct. 23
You have been a bit free and easy with your cash of late (no change there then!) and will have to make some cutbacks today. You don't have to starve yourself but five star dining is out, for now.

♏ Scorpio
Oct. 24 - Nov. 22
A project you have been working on for some time is moving ahead at a snail's pace and you may be tempted to junk it. Don't! Today's Sun-Pluto link suggests you are about to enter a more dynamic phase.

♐ Sagittarius
Nov. 23 - Dec. 21
Ignore the critics and cynics and strike out in a new direction. One quality you have never lacked is courage, so be brave and be the kind of Sag who tries something new and exciting each and every day.

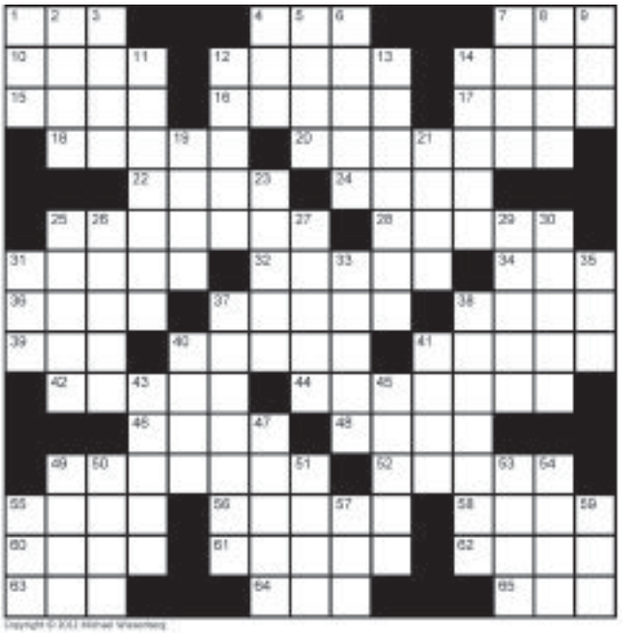
♑ Capricorn
Dec. 22 - Jan. 20
Once you understand a problem it ceases to be a problem. Knowledge removes all fears. Well, that's the theory anyway and you will get the chance to put it to the test today. Ask yourself: what can I learn?

♒ Aquarius
Jan. 21 - Feb. 19
Recent upheavals were no doubt shocking but as you are the sort of person who thrives on change you had fun as well. Not everyone was so fortunate though, so you may need to help with some counselling today.

♓ Pisces
Feb. 20 - March 20
Your luck is changing for the better, though that may not yet be obvious. Today's Sun-Pluto link will catapult you into the limelight and demand that you take a leadership role. Don't be scared. **SALLY BROMPTON**

Crossword: Province, City, Land, Water

BY MICHAEL WIESENBERG



Across
1. Attractive leg, slangily
4. Cab alternative
7. Parliamentarians
10. Amor's Greek counterpart
12. Madras master
14. Short note
15. Princess of Star Wars
16. Angry bull's sound
17. "The ___-bitsy spider ..."
18. Province whose name means "swift flowing" in the Cree language
21. Endlessly worry
22. "Forget about it!" (from a casino term) (2 wds.)
25. Moves through mud
29. "___ Your Name": Mamas & Papas song (2 wds.)
31. Big letters for Internet stock companies
34. Buffy ___ (2 wds.)
37. Small iPod
39. Air conditioner coolant
40. Goes bad
41. They're in BC's Strait of Georgia (2 wds.)
44. ___ Miserables
45. Far above the ground
46. One Flew Over the Cuckoo's Nest novelist Ken
48. "He ___ the bank, three credit cards, four department stores": has much outstanding debt (2 wds.)
51. CFL whistle blowers
54. City in the Golden Horseshoe region of southern Ontario (2 wds.)
59. After-bath powder
62. Before surgery, in formally
63. Bring in a harvest
64. "... there ___ square": it's the happening thing (2 wds.)
65. Weird
66. Computer menu selection
67. Parts of mos.
68. "Help!"
69. Repair tears

Down
1. Becomes semisolid
2. Fields of learning
3. Damp
4. BMO, for one: Fr.
5. "Here comes trouble!" (2 wds.)
6. Ambulance alert
7. Encountered
8. Parliament heads
9. Asian sauce type
11. "For goodness' ___!"
12. Air France fleet component, once: initialism
13. Vitamin ___: riboflavin (2 wds.)
14. Subcompact
19. Belt-hole makers
20. Take ___ view of: be pessimistic about (2 wds.)
23. Christmas song
24. Crème de la crème
26. Blockheads
27. Damsel
28. Behave furtively
30. Not more
31. Actress Swenson of Benson (anagram of GAIN)
32. São ___: Brazil's largest city
33. At the minimum setting (2 wds.)
35. Vocal sound
36. Finishes
38. Side with the football
42. Odd-sounding but grammatically correct answer to "Who's there?" (2 wds.)
43. Vassal
47. 2012 and 2013
49. Record, in a way
50. Shrek and Fiona, for two
52. Bloodsucking parasites
53. NWT's Great ___ Lake
55. Nestle candy bar from Britain
56. Kings: Fr.
57. Friend of Tarzan
58. Gush
59. CAA service
60. 40 days and 40 nights
61. 16-oz. units

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

	1			6			8	
			3		5		9	
				1			2	5
1					9	8	3	
	3		7		1		6	
	8	7	2					1
8	7			4				
	4		1		6			
	5			2			4	

Yesterday's Sudoku

8	9	7	5	3	6	1	2	4
5	6	1	7	4	2	8	3	9
3	2	4	8	9	1	7	6	5
4	7	2	3	1	5	6	9	8
6	3	5	4	8	9	2	1	7
1	8	9	6	2	7	4	5	3
7	1	3	2	5	8	9	4	6
2	4	8	9	6	3	5	7	1
9	5	6	1	7	4	3	8	2

Weather

THURSDAY	FRIDAY	SATURDAY
MAX: 25° MIN: 14°	MAX: 31° MIN: 13°	MAX: 28° MIN: 16°

BT BREAKFAST TELEVISION

JENNA KHAN
WEATHER SPECIALIST
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 6 AM**

Search over 50,000 used cars, fast and free.
autocatch.com

FREE TRIAL
lavalife VOICE
CALL NOW!
204-987-2222
Toll Free: 1-866-348-5282
1-900 BILLING! 1-900-528-2543
DIAL #CLICK (#25425)
79¢/MIN. BELL, ROGERS™, FIDO
99 ¢/MIN VIRGIN MOBILE
lavalifevoice.com
18+ *Restrictions may apply

SIMPLE CREMATION
$850 +GST
WINNIPEG AND MANITOBA'S BEST VALUE GUARANTEED!!!

Prices subject to change without notice

At Wojcik's, we employ honest, sincere and professional Licensed Funeral Directors, who are paid by salary and comfortably guide our families through At-Need and Thoughtful Pre-Planning Arrangements.

WE DO NOT SOLICIT NOR EMPLOY ANY HIGH PRESSURE COMMISSIONED SALES PEOPLE

For well over 30 years, Richard Wojcik, owner of Wojcik's All Beliefs & Faiths Funeral Chapel & Crematorium Inc., has worked in funeral service for many of Winnipeg's funeral chapels including both international corporations and Beausejour, MB. Wojcik's is a locally owned family business and for the past several years, Richard, Louise and their staff have served Winnipeg and rural Manitoba communities & cemeteries with the utmost pride and respect.

"If You Want To Be Treated As Family - Choose The Wojcik Family"

- *Original Family Owned & Operated Funeral Chapels*
- *Privately Owned Crematorium*
- *Serving All Faiths & Beliefs, Places of Worship & Cemeteries In Winnipeg & Rural Manitoba*

"We're Still Small Enough to Care"

Richard A. Wojcik, Louise, Rachel & Ryan

Wojcik's

ALL BELIEFS & FAITHS
FUNERAL CHAPEL & CREMATORIUM

"Where care & compassion come from understanding"

www.wojciksfuneralchapel.com

Photo courtesy of Elchesben Photography

Located 1 block west of Deer Lodge Centre
2157 Portage Avenue
@ Sharp Boulevard
204 - 897 - 4665

&

Serving
Beausejour, Manitoba
204 - 268 - 2263

&

Located 4 blocks south of the Redwood Bridge
1020 Main Street
@ Manitoba Avenue
204 - 586 - 8668